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VOLUME 23, NUMBER 58

WEDNESDAY, JULY 21, 1999

FIFTY CENTS



Vehicle manager Linda Meier greets Sec. of State Jesse White as regional Director Fred Painter looks on. White visited the license bureau last Friday night.

White visits Granite DMV

Secretary of State speaks about new license plates and technology

By Michael Heil
Staff writer

Illinois Secretary of State Jesse White has roots in Metro East, having been born in Alton. He returned to the area

Friday to speak to 80 clerks at the Holiday Inn in Collinsville about the new license plates that will be displayed and legislation regarding court supervisions that he would like to see the General Assembly pass during the fall session. Later on, he traveled to the driver's license office in Granite City to talk with work-

ers there. White told the clerks that their future responsibilities may include submitting court supervision orders to his office to establish a database so that judges, prosecutors and law enforcement officials would have access to them as part of

See WHITE, Page 7A

Hospice offers grief workshop series

Anticipatory grieving seminar to be held tonight

By Scott Cousins
Staff writer

A workshop on anticipatory grieving will be the latest in a series of workshops offered by Hospice of Madison County.

"Anticipatory Grieving: Making the Most of Borrowed Time" will be held from 6:30 to 8 p.m. Thursday in the Sr. Mary Thomas Conference

Room of St. Elizabeth Medical Center, 2100 Madison Ave., Granite City.

The workshop is designed for caregivers of terminally ill patients. It will be led by family therapist Edith Brayer, Ph.D., and social worker Eileen Humphrey.

The workshop is open to the public at no charge, but pre-registration is required. For information, or to pre-register, call Hospice of Madison County at 798-3399

between 8:30 a.m. and 4:30 p.m. Pre-registration for this workshop must be completed by today, Wednesday.

Other scheduled workshops include:

- How to Help Children Cope with Grieving, scheduled for 6:30 to 8 p.m. Thursday, Sept. 23, in the Sr. Mary Thomas conference room; and
- Holiday Blues: How to Cope Constructively With the

See HOSPICE, Page 7A

Dinner celebrates growth

Council gathering honors IllinoisFirst program

By Scott Cousins
Staff writer

In addition to honoring award recipients, the 16th annual Salute To Southwestern Illinois

Illinois Metro East dinner Thursday in Collinsville was a celebration of present and future economic development and more infrastructure work under the recently-enacted IllinoisFirst

program.

The annual dinner is sponsored by the Leadership Council Southwestern Illinois.

Leadership Council President Phil Schwin, president and CEO of Wood River Refining Corp., said the Metro East was a "big winner" in Gov. George Ryan's

IllinoisFirst program. About 350 people attended, sitting at tables decorated with construction cones, buses

and toy dump trucks to symbolize the region's growth.

"Outside of Chicago, Southwestern Illinois was the big winner in the IllinoisFirst program," Schwin said. "This did not happen by accident. It is the result of years of work by hundreds of volunteers and public officials working with our state legislators to create a regional agenda to make it

See COUNCIL, Page 7A

Protestant welfare holds revue

Summer Follies to be held at GCHS Aug. 20

The Community Care Center of Protestant Welfare Association, Inc., will present its Summer Follies Revue at 7 p.m. Aug. 20 in the Granite City High School auditorium.

The variety show offers the best talent the area has to offer and features musical, instrumental, dance and vocal acts and novelty performances

See REVUE, Page 7A

Urban League seeks to give all a chance

Organization to hold Caribbean Fete July 30

By Nancy L. Ide
Staff writer

A simple equation - "our children equal our destiny" - is the basis of the Urban League's Youth Development Fund program.

The program awards grants to qualifying youth service organizations, enabling the groups to expand their services to help even more youths.

The Urban League, through this program, awarded \$2,000

grants to 13 agencies in February. Recipients include: Cameron Youth Chamber Orchestra Inc., Lift for Life Inc., Special Olympics Missouri-East Area, Project Respond and East St. Louis Community Camp.

The YDF concept of "putting an adult in the life of any low-income African American youth who needs it," was introduced by Hugh B. Price, president of the National Urban League, in 1994. The idea gained the support of the St. Louis-based

See URBAN, Page 7A



Brittany Bell, 10, watches Americorps member Cherry Bell make her moves in a game of marbles at the Lansdowne/Washington Park Youth Center. Story, photo on Page 6A.

fairWeather 5
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Wednesday 94/75 Thursday 96/76 Friday 96/78 Saturday 96/78

Granite City Journal

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John Swistek Jr. photo

Pet of the Week

Josie is a black 1-year-old female terrier and is among many homeless animals available for adoption from the Metro East Humane Society. She is a stray that was taken in by the shelter for adoption to a loving home. To adopt Josie (Card 646), apply in person at the shelter, 8495 Illinois 143, Edwardsville, or call 656-4405. Shelter hours are 11:30 a.m. to 5 p.m. Monday through Saturday and noon to 4 p.m. Sunday.

Benefit dance scheduled Saturday

By Michael Heil
Staff writer

A chicken and beer dance will be held Saturday night for Mike Orasco Sr. at the Knights of Columbus Hall, 4225 Old Alton Road. The event will last from 7 p.m. to midnight and will feature a host of door prizes and a raffle. There will be a \$10 cover charge per person. Some items raffled will be a compact stereo, 25-inch color television, floor-size carousel horses and a large cooler. "We have some neat things to give away and there will be a lot of chicken for everybody to eat," said Mike Orasco Jr. According to Orasco Jr., his father retired from Yellow Freight in St. Louis about a year ago because of injuries suffered there. Complications from those injuries, he said, have resulted in his father suffering from congestive heart failure; he had bypass surgery in March. Orasco Sr. is also suffering from diabetic kidney disease and will require dialysis treatments in the near future. Family and friends have worked diligently to organize

the event to help pay for soaring medical costs. Most of them, Orasco Jr. said, are not covered under his father's insurance.

Daniel Whitehead, a friend of the family for nearly 20 years, said he would greatly appreciate community support at the event.

"Mike's a good person who has some serious medical problems," Whitehead said.

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Former club now youth center

Summer program hopes to lift up area children

By April Calvin
Staff writer

Children from East St. Louis' Lansdowne neighborhood and nearby Washington Park are enjoying a free summer youth program at the Lansdowne/Washington Park Youth Center.

METRO EAST

Since 1985, the Lansdowne Improvement Association has been working to better conditions in the East St. Louis region. James King, the LIA's president for the past four years, used to meet with local area children in streets and parks.

"These are all my children," King said. The LIA's focal program is Children on the Rise, aimed at helping children to lift themselves up, out of economic depression and beyond the traps of crime, drugs and low expectations. Children on the Rise offers a mentoring, after school recreation and a summer program.

King said he lets kids and mentors choose one another because he believes the personality conflicts that may arise with arbitrary assignment can limit progress.

Mentors work with the children during and after school. They give students extra help with assignments during class time and spend time with the kids outside class.

Mentors also meet regularly with parents. Efforts have been successful, King said, and the grades of the mentored kids have risen.

"It makes me feel really good," said mentor Ebony Watson, who works at the Youth Center.

"I think that everyone should give at least a year of their time to the community," said mentor and center employee Cherry Bell, a native of East St. Louis. "That's what I'm doing. East St. Louis is coming up."

Children on the Rise sponsors many events and activities for the kids. The kids play, talk and use the

computers donated by the Southern Illinois University at Edwardsville. They held a village theater, putting on their own production.

And they go on field trips. A favorite of the kids was their trip to a basketball game, made possible in part by private donations.

King said he hopes to expand the program to include older teens, but said he first needs more volunteers, especially men. King says he needs role models of both sexes for the kids and hopes to have teen-agers assist as well.

The center is now housed in a former strip club on Bunkum Road. The U.S. Attorney General's office has an arrangement with the organization, by which the building will be turned over

to the LIA after five years. The building was renovated by volunteers, but mostly by the kids it was intended to serve.

"It belongs to the children," King said.

King has struggled with lack of funding, community apathy, and vandalism, but with the help of some good people — and a large commitment on King's part — he has persevered. "I see a lot of change," he said. "I think there was time when parents were less involved."

The LIA has received funding from a variety of sources. The Urban League's League's Youth Development Fund awarded the group \$10,000 initially and \$2,000 subsequently.

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Obituaries

Albert Baker Sr.

ALBERT H. BAKER SR., 72, of Granite City, died at 2:05 p.m. Friday, July 16, 1999, at St. Elizabeth Medical Center in Granite City.

He was born Jan. 16, 1927, in Madison, Mr. Baker was a millwright leader for Granite City Steel for 40 years, retiring in 1989. He was a World War II Navy veteran.

He is survived by his wife, Mary (Helm) Baker, whom he married on Nov. 1, 1948; a son, Albert H. Baker Jr., of St. Ann, Mo.; a daughter, Katherine Buchek-Baker of Madison; two brothers, Richard Baker of Nashville, Tenn., and Thomas Baker of Mt. Olive; and six grandsons, Christopher and Andrew Baker of St. Ann, Mo.; Michael and Phillip Baker of Meigs, Ark.; and Derrick and Kevin Buchek of Madison.

Funeral services were held Tuesday, July 20, at Irwin Chapel in Granite City, with the Rev. Norman Winding and Margaret Baker officiating. Burial was in St. John Cemetery in Granite City.

Memorials may be made to Granite City Park District.

Joseph Baker

JOSEPH J. BAKER, 56, of Granite City, died Monday, July 19, 1999, at St. Elizabeth Medical Center in Granite City.

He was born Aug. 26, 1942, in Granite City, Mr. Baker was a mechanic and a member of St. Mary's Catholic Church in Madison. He is survived by four sons, Joe, Jason, Jacob and Jeremy Baker, all of Granite City; and his mother, Frances (Portowski) Baker.

He was preceded in death by his father, Joseph Baker.

Mr. Baker's remains were cremated per his wishes.

Werner Chapel in Granite City handled the arrangements.

Morgan Bivens
MORGAN ANDREW BIVENS, 14, of Granite City, died at 10 p.m. Saturday, July 17, 1999.

He was born Nov. 10, 1984, in Granite City. Morgan was a member of Calvary Baptist Church in Granite City, where he was very active in the youth group. He was an honor

student at Grigby Middle School and a member of the greater St. Louis Renaissance Fair.

He is survived by his parents, John and Gale (Raney) Bivens of Granite City; a brother, Jason Bivens of Granite City; a sister, Catherine Johnson of Würzburg, Germany; his paternal grandmother, Lois (Lofink) Bivens of Granite City; and his maternal grandparents, Dale and Mary (Kellenberger) Ramsey.

Visitation will be held from 5 to 8 p.m. today, Wednesday, July 21, at Irwin Chapel in Granite City.

Funeral services will be held at 10 a.m. Thursday, July 22, at Calvary Baptist Church, Granite City, with the Rev. Fred Boatright officiating. Morgan's remains will be cremated. Memorials may be made to Calvary Baptist Youth Group.

Hazel Daiger

HAZEL MARIE (MINTER) DAIGER, 74, of Granite City, died at 6:45 a.m. Saturday, July 17, 1999, at St. Elizabeth Medical Center in Granite City.

She was born May 28, 1925, in Benton, Mo.

Mrs. Daiger was a homemaker. She was a member of Suburban Baptist Church, Suburban Baptist Lodge 1063.

She married William Daiger Dec. 7, 1968. He survives.

Other survivors include two sons, Kenneth Wieser of Granite City and Joseph Wieser of Upland, Calif.; two daughters, Rev. Margaret Baker of St. Ann, Mo., and Marcella H. Willing of Brighton; two stepchildren, Debra Rowland of Ocala, Fla., and Darla Sandhofer of Moro; one sister, Mildred Hatcher of Litchfield, Ky.; 20 grandchildren; and four great-grandchildren.

She was preceded in death by her parents, Lonnie and Grace (Jebel) Minter, and her first husband, Joseph Wieser.

Visitation will be from 5 to 8 p.m. Wednesday at Irwin Chapel in Granite City. Services will be 11 a.m. Thursday, July 22, at the funeral home with the Rev. Ron Zamkus officiating.

Memorials to the Suburban Baptist Church Building Fund are suggested.

Frank Gavlick Sr.

FRANK JOHN GAVLICK SR., 73, of Collinsville, died Sunday, July 18, 1999, at Collinsville Care Center.

He was born Oct. 10, 1925 in Madison, Mr. Gavlick was a World War II U.S. Navy veteran, a member of AMVETS Post 214 in Madison and American Legion Post 961 in Henry, Ill.

He is survived by two sons, John Gavlick of Collinsville and Frank J. Gavlick Jr. of Caseyville; a brother, George Gavlick of Granite City; and five grandchildren.

He was preceded in death by his wife, Irene (Urban) Gavlick; his parents, George and Josephine (Tarnasooka) Gavlick; a sister, Josephine Gavlick; and a brother, Walter Gavlick.

Funeral services were held Tuesday, July 20, at Herr Funeral Home in Collinsville. Burial was in Jefferson Barracks National Cemetery in St. Louis.

Memorials may be made to Hospice of Madison County.

Marie Haas

MARIE MAGDALENE IDoux HAAS, 85, of Belleville, died Monday, July 19, 1999, at St. Elizabeth Hospital in Belleville.

She was born Nov. 3, 1910, in Cahokia to the late Joseph Idoux and Theresa Schrader Idoux. She was a homemaker and a member of St. James Catholic Church in Millstadt, the Millstadt Home Makers, the Millstadt Home Makers, the St. James Perpetual Help Sodality and was an avid quilter.

Survivors include a son, Larry Haas of Belleville; two daughters, Rita Rensing of Belleville and Margie Haas of Belleville; four brothers, Alvin Idoux of Virginia Beach, Va., Clarence Idoux of Fairview Heights, Vincent Idoux of Belleville and Clatus Idoux of Granite City; three sis-

ters, Dolores Baldrige of Centralia, Dorothy Ward of Pensacola, Fla., and Teri Stackhouse of Mount Laurel, N.J.; seven grandchildren; and four great-grandchildren.

She was preceded in death by her husband, Adolph J. Haas; a son, Donald Haas; and two brothers, Joseph and Paul Idoux.

Visitation will be held at 3 p.m. Thursday, July 22, at Strauss Funeral Home in Millstadt. A prayer service will be held at 8:30 p.m.

Funeral services will be held at 10 a.m. Friday, July 23, at St. James Catholic Church in Millstadt, with the Rev. Bernard Goedicke officiating. Burial will be in Concordia Church Cemetery in Millstadt.

Memorials are suggested to the St. James Endowment Fund.

Irene Headrick

IRENE (EASLEY) HEADRICK, 84, of

Granite City, died at 10:15 a.m. Monday, July 19, 1999, at Colonial Care Center in Granite City.

She was born Sept. 11, 1915 in Alton.

She is survived by her husband, Tom Headrick; a daughter, Dolores Viessman; a daughter, Dolores Viessman Metcalf of Granite City; a sister, Bonnie Campbell of

Granite City, died at 10:15 a.m. Monday, July 19, 1999, at Colonial Care Center in Granite City.

She was born Sept. 11, 1915 in Alton.

She is survived by her husband, Tom Headrick; a daughter, Dolores Viessman; a daughter, Dolores Viessman Metcalf of Granite City; a sister, Bonnie Campbell of

See OBITUARIES, Page 5A

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Obituaries

Continued

Granite City, and grandchildren. She was preceded in death by her parents, Frank Viessman; three daughters, Luberta Vanditt, Apponey and N. and two brothers, Franklin Easley.

Visitation will be held from 5 to 8 p.m. Wednesday, July 21, in Granite City. Graveside services will be held at 1 p.m. today, Wednesday, July 21, in Granite City.

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Obituaries

Continued from Page 4A

Granite City, and seven grandchildren.

She was preceded in death by her parents, Frank and Carmel (Weeks) Easley; a son, Michael Viasman; three sisters, Dorothy Luberta Vanditto, Bernice Wilford Apponey and Norma Oliver Young; and two brothers, Joseph and Franklin Easley.

Visitation will be held from 10 a.m. to 12:30 p.m. today, Wednesday, July 21, at Irwin Chapel in Granite City.

Gravestone services will be held at 1 p.m. today, Wednesday, July 21,

at Sunset Hill Memorial Estates, Edwardsville, with the Rev. Fred Boatright officiating. Burial will follow.

Memorials may be made to Hospice of Madison County.

Herman Hurt

HERMAN DEWAYNE HURT, 66, of Granite City, died at 1:00 p.m. Friday, July 16, 1999, at Saint Louis University Hospital.

He was born Dec. 30, 1932, in Shannon County, Mo. Mr. Hurt was a U.S. Army veteran of the Korean War. He worked as a quality control supervisor for Carter Carburetor and Rite Point Pen and was a member of Good Shepherd United Methodist Church in Granite City.

Memorials may be made to Good Shepherd United Methodist Church.

He is survived by his wife, Martha (Caber) Hurt, whom he married on Jan. 5, 1957; a son, Roland Hurt of Edwardsville; a daughter, Kathy Wilson of Granite City; a brother, Royal Hurt of Granite City; a sister, Inez Miller of Sumnerville, Mo.; and four grandchildren, Daniel Hurt, Timothy Hurt and Benjamin Hurt, all of Edwardsville, and Andrea Wilson of Granite City.

He was preceded in death by his parents, Orin and Eva (Blake) Hurt; three brothers, Norman, Erman and John Hurt; and two sisters, Ruby Morton and Lucille Bilbrey.

Funeral services were held Monday, July 19 at Irwin Chapel in Granite City, with the Rev. Steve Lindgreen officiating. Burial was in Sunset Hill Memorial Estates in Edwardsville.

Memorials may be made to Good Shepherd United Methodist Church.

LaNel Lesseg

LANELLE F. (GLENN) LESSEG, 77, of Granite City, died at 9 a.m. Sunday, July 18, 1999, at Anderson

Hospital in Maryville.

She was born July 29, 1921, in Belleville. Mrs. Lesseg was a teacher for Granite City School District 9 for 25 years. She was a member of Concordia Lutheran Church in Granite City.

She is survived by her daughter, Ronna Ribble of Cottage Hills; and two brothers, Earl Glenn of Granite City and Robert Glenn of California.

She was preceded in death by her husband, Arvel Lesseg; her parents, Daniel Lloyd and Lorine Johanna (Kunze) Glenn; and two brothers, Donald and Harold Glenn.

Funeral services will be held at 11 a.m. today, Wednesday, July 21, at Thomas Memorial Mortuary in Granite City, with the Rev. Curtis Detert officiating. Burial will be in Walnut Hills Cemetery in Belleville.

Memorials may be made to Concordia Lutheran Church.

Maryella Price

MARYELLA J. PRICE, 59, of Granite City, died at 6:36 p.m. Saturday,

July 17, 1999, at St. Mary's Hospital in St. Louis.

She was born Feb. 12, 1940, in Granite City. Miss Price was a member of Pontoon Baptist Church in Pontoon Beach. She worked in human resources at Mercantile Bank in St. Louis.

She is survived by two sisters, Catherine Lingle of Granite City and Patricia Howard of Collinsville; and a brother, William Price of Escondido, Calif.

She was preceded in death by her parents, William E. and Mary (Hauranek) Price.

Visitation will be held from 5 to 8 p.m. today, Wednesday, July 21, at Irwin Chapel in Granite City.

Funeral services will be held at 1 p.m. Thursday, July 22, at Irwin Chapel, with the Rev. Alan Redfern officiating. Burial will be in Sunset Hill Memorial Estates in Edwards-

ville.

Memorials may be made to Pontoon Baptist Church.

Cameron Ray

CAMERON LEE RAY of Granite City, died Friday, July 16, 1999, at Cardinal Glennon Hospital in St. Louis.

He was born July 1, 1999, in Maryville.

He is survived by his parents, Daniel and Tabitha (Dugan) Ray of Granite City; his paternal grandparents, Danny and Kaye Ray of Granite City; and his maternal grandmother, Karen Whitford of Granite City.

Funeral services were Monday, July 19, at Werner-Mick Funeral Home in Granite City with the Rev. Les Atkins officiating. Burial was in Sunset Hill Memorial Estates in Edwardsville.

Houseplant Tips

by the experts at

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Where Beautiful Things Begin

As we mentioned previously, lighting is an important factor when it comes to houseplants. But it's not the only one. The overall environment plays an important role also.

Most tropical foliage plants will adjust to normal household temperatures. The word "normal" can cover a wide range, but the plants can nonetheless adapt quite well. Many even benefit from a 5 to 10 degree reduction in temperature at night.

Try to avoid placing plants in areas where they'll be subject to drafts. While they can adapt to a range of temperatures, they don't tolerate rapid fluctuations too well. Watch areas near windows, heating and cooling vents and appliances. Windows that are just fine for tropical plants in summer may be too cold in winter.

Relative humidity is also important. A humidity level of 40% to 50% is preferred by most plants. Humidity in your home is greatly reduced by air conditioning systems. In the winter, conditions often are too dry, recognized by that ever-present itching and static electricity.

If your home is too humid and you don't have air conditioning, about all you can do is purchase a dehumidifier. These do a very effective job of lowering the humidity to a comfortable level. While they don't actually cool the house, they make it more comfortable.

During winter, conditions are exactly the opposite. The air tends to dry out. Many furnaces have built-in humidifiers, and if yours doesn't, they're not too tough to install. They, too, make living conditions more tolerable for both you and the plants.

The type of potting mix (soil) your plants are in can affect them also. A good all-purpose potting mix will work well for most indoor plants. The container needs to be strong enough and leak-proof to hold in moisture, and should have drainage holes in the bottom. The roots need to breathe while they absorb the water.

Here's a little interesting info: Most potting soils don't actually have any soil in them. They're made up of combinations of peat, humus, perlite, vermiculite and sand. So why do we call them soil? Until someone comes up with a better word to describe the above, calling it soil is easier and everyone's used to it.

Houseplants need to be fed on a regular basis. Many types of plant foods are available. There are liquids and granulars, some are diluted, others are dissolved in water. Another type is in stick form. You simply push the stick into the soil and the food releases slowly each time you water the plant. These are also available for outdoor plants.

Self-watering plant containers are ideal for those who have a tendency to forget the watering every now and then. Plants in these containers will still need to be watered, but their unique design allows excess water collected in a reservoir to be drawn up to the plants by capillary action. You just don't have to water as often; if you forget once in a while, it won't matter.

An interesting use of houseplants you may want to consider is the terrarium. Terrariums are clear glass bowls filled with houseplants. They're easy to make and are perfect for those with limited space, so they're definitely worth giving a try.

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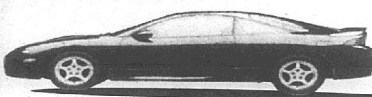
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The Big Picture

All in the family

Bucking trends, many businesses in the Metro East still are family-owned

By Larry Ingram
Staff writer

Just about every community has family run businesses that has made an indelible mark on the business scene for years. The Metro East area has its share of family businesses that have been around for generations.

"Successful family businesses have never been more vital to the health and economy of our area," according to Pamela Hastings-Burlingame, director of the Family Business Forum of Southern Illinois University at Edwardsville.

Hastings-Burlingame cites figures that show family businesses produce 50 percent of the country's national gross domestic product and provide livelihoods for 60 percent of the breadwinners in the U.S.

"The difference between success or failure lies in the ability to lead in a way that secures the balance sheet and preserves family ties," Hastings-Burlingame said.

Many area family run businesses have succeeded in preserving those family ties.

Scott Munie operates Munie Garage on 502 S. Lincoln in O'Fallon. He is the third generation of Munies to work in the auto repair business in O'Fallon. His grandfather, Jim Munie, started working in auto repair in 1941. Then Oscar "Doc" Munie and his brother, Bill, took the shop over in 1962.

"That's when my grandpa retired," said Munie Garage owner Scott Munie.

Oscar "Doc" Munie is Scott's father. He still works at the garage with his son.

"In our generation, it was the kind of thing where you just followed your Dad," said Oscar. "It's not like it is now where everybody goes to college."

He did not have to worry about choosing a profession. "I had a job just as soon as I got out of school," said Oscar.

He worked here part time during high school. It was just the thing to do.

Scott Munie says he started working at the S. Lincoln garage after school January 3, 1979. He has lived in O'Fallon all his life.

"You get your slow times like during tax season and when the kids are going back to college," said Scott.

Two office people and another auto repair technician work for him at the garage. Scott Munie says putting extra effort into customer service is becoming a more important part of service oriented busi-

nesses like Munie Garage.

"You have to put a lot more into it now because people are so busy," Scott said. "You've got to cater to their needs. It's part of the job."

Family owned businesses can have an advantage over the competition because customers like to deal with members of the family, the person with the last name on the front of the store.

"Everyone wants to come in and see one of the Kleins," says David Klein of Gil Klein's TV and Appliances, 10338 Lincoln Trail in Fairview Heights.

"When I started 20 years ago, a lot was still done on a handshake. We hardly had any signed contracts."

Mary Zolt
Schwarz Furniture

David said. "The disadvantage is that when you have a day off and it's Easter or Christmas, or a holiday, the last thing you want to do is spend time with your family because you see them six days a week."

"We started across the street in 1979," said Gil Klein. "It started out in electronic repair, radios, TVs. Those are the days when a TV had tubes and they had to bring the TV in to check the tubes."

Gil Klein started in the TV and appliance repair business in 1959 across the street from the Fairview Heights store at 10338 Lincoln Trail. His sons David and Doug helped out at the store while they were growing up.

"I started full time in May of 1974," David said. "I've been here ever since."

Doug started full time at the store three years after David.

"It's like any other job," David said.

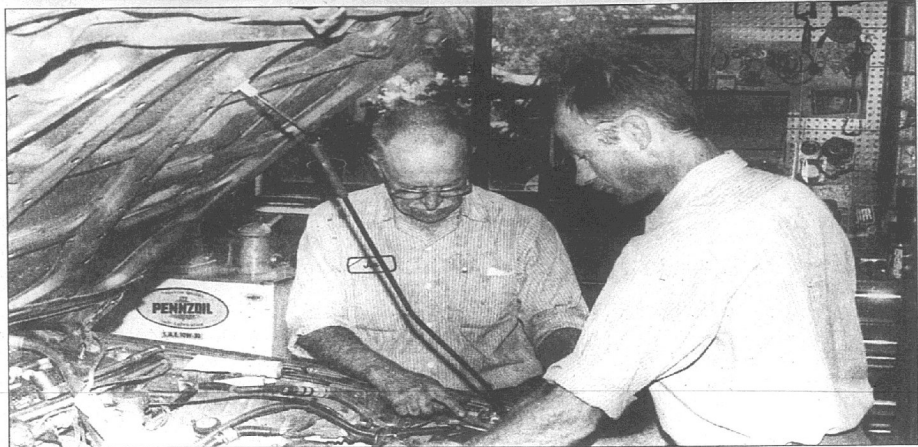
"There's a lot of stress and a lot of pressure."

One family operated furniture store in O'Fallon, Schwarz Furniture, celebrated 100 years in the business five years ago.

A ticket dated 1910 reads M. Schwarz, undertaker and dealer in furniture. The prices were a lot lower back then: \$5.50 for a box spring and mattress; \$2.50 for a rocker; \$20 for a bedroom suite. The total was \$38.25.

Mary Zolt great grandfather, Mathias Schwarz, started a furniture and undertaking business just before the turn of the century in O'Fallon. His thirteen-year-old son, Henry Schwarz, worked as the embalmer in the basement. He was the youngest embalmer in the country.

A ticket dated 1910 reads M. Schwarz, undertaker and dealer in furniture. The prices were a lot lower back then: \$5.50 for a box spring and mattress; \$2.50 for a rocker; \$20 for a bedroom suite. The total was \$38.25.



They celebrated their 100 year anniversary in 1994. The store is owned by Clyde "Tex" Glenn. Glenn came into the business as an employee in 1946, right after World War II. He worked for his father-in-law Leonard Schwarz, who was the owner and manager at the time.

Glenn and his brother-in-law Clarence Lurtz bought the business from him. The original building was about 620 square feet. Furniture was shipped in on freight wagons from St. Louis. An old circulating fan was used to cool the

storage.

The showroom is still across the street on West State. Mary has a ticket from a customer who purchased some items from the store back in 1910.

"When I started 20 years ago, a lot was still done on a handshake," Mary said. "We hardly had any signed contracts."

Clete and Mary Zolt are hoping to add another generation to their family furniture business. Brett helps out delivering furniture for the store. May Zolt says Brett has

Fairview Heights. With Curtis as president of Schildknecht Funeral Home, the Schildknecht family is now in its third generation of funeral service.

"I hope that this remains a family business forever," said Schildknecht Funeral Home owner Christine L. Schildknecht.

"And I hope there will be a fourth generation in the business too. We've enjoyed being together as a family."

The funeral home was founded in O'Fallon by Phillip W. and Frances K. (Battoe) Schildknecht Sr. August 1, 1949. A second location was added at 10419 Lincoln Trail,

Fairview Heights, in 1953. An addition to the original building was completed in 1959. In 1969 Phillip and Frances sold the business to their daughter Christine. Curtis L. Schildknecht is Phillip and Frances' grandson. Curtis says that so long as he is president Schildknecht Funeral Home will be hereto stay.

The Schildknecht Funeral Home is locally owned and operated, something the Schildknechts are proud of. "Under family ownership, we don't have to deal with boards of directors and CEOs," Curtis said. "They won't hurt their bottom line to serve a family. We will."

Company is local success story for family

By Larry Ingram
Staff writer

In the movie "You've Got Mail," the giant bookstore chain competes with the tiny family run bookstore. The giant chain store eventually swallows the weaker store.

Glik's stores happen to be doing well in a retail competition that pits them against the biggest names in retail. They are doing so well that in the last 10 years they have added stores in Michigan, Indiana and Missouri.

The local store chain, with headquarters in Granite City on Nameoki Road, celebrated their 100 year anniversary in 1997. Locally, Glik's stores have a presence in Belleville, Columbia, Edwardsville, East Alton, Fairview Heights, Godfrey, Granite City and Highland.

"What's really remarkable is that we've kept it in the family the entire time," said Joe Glik, the company president from 1951 to 1990.

Many of Glik's competitors have fallen victim to today's tight retail environment.

Joe Glik says part of the company's edge has been aggressive marketing, savvy buying, and personal service. But Glik also credits much of the company's success to its historic flexibility that began at the turn of the last century.

In 1902, Glik's grandfather, also named Joseph, took a risk on the untapped market potential of the fast-growing industrial towns of Illinois, just

across the river from St. Louis. The result was a 1,000 square foot store in Madison.

Joseph's son, Morris, a recent high school graduate, was put in charge of the store. In 1925, the Glik's name expanded further when Morris turned the Madison operation into one of the East Side's largest Department stores.

The stores offered a full line of men's and women's clothing, as well as home furnishings. Glik's reputation grew in the late 1920s. Families soon came from around the area to buy clothing on credit.

When the depression hit, Morris' careful investments allowed him to offer generous terms to hard-pressed customers.

The result was a base of support from customers and employees that continues to this day.

In 1954, Joe opened a Glik's store in the Bellemeor Village Shopping Center in Granite City. The new junior department was an instant success. Two of Joe Glik's sons, Jeff and Jim, and his daughter, Judy, work with him in the business. Jeff is the current Glik's president.

"When you get down to it, this is about family," said Joe Glik. "And maybe my greatest success as a businessman is that I will pass on to my children what my father passed on to me."

Gil Klein knows about tough retail competition. "Our competition is everybody that sells appliances," Gil said. "And there are a lot of them."



From top, Oscar "Doc" Munie and son Scott work at Munie Garage in O'Fallon. Clete and Brett Zolt run Schwarz Furniture in O'Fallon. Doug, Gil and David Klein operate Gil Klein TV and Appliances in Fairview Heights.

tiny showroom.

Glenn's daughter, Mary Zolt, married Clete Zolt, who currently manages the store.

Schwarz Furniture still operates at its original West First Street address. The main store has expanded several times over the years. A warehouse formerly used for horses and carriages is now used for

shown a real interest in the family business. She says everything was done on a handshake with no paperwork, no receipts and no signatures until recently. As president of Schildknecht Funeral Home, Curtis L. Schildknecht is looking forward to celebrating the 50 years of service to the communities of O'Fallon and

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Leadership dinner celebrates growth

Continued from Page 1A

happen. "Only a few months ago, we were told that there was no funding for new transportation projects. We were told there wasn't enough money to maintain the existing highways in our state. Well, IllinoisFirst changed all that. Now the biggest challenge may be finding enough of those orange cones to handle construction."

Schwin and other Leadership Council officials have often said that much of

"Only a few months ago, we were told that there was no funding for new transportation projects. We were told there wasn't enough money to maintain the existing highways in our state. Well, IllinoisFirst changed all that. Now the biggest challenge may be finding enough of those orange cones to handle construction."

Phil Schwin
Leadership Council
Southwestern Illinois President

the recent development in the Metro East — with more than \$1 billion in private

sector development under way or announced last year — is due to major improvements in infrastructure, especially transportation.

"As a regional economic development organization, we work hard on fundamental development issues," he said. "One of these is transportation — more specifically, the creation of a regional transportation agency which we have promoted for years in the state capital and in Washington, D.C."

Projects expected to be completed in the next few years include the extension of MetroLink to MidAmerica Airport, extending Illinois 255 through Alton; expanding Illinois 159, 157 and Interstate 64; relocating and rebuilding Illinois 3 from Venice to Sauget; and all planning for the new Mississippi River bridge.

"It would be to say that Southwestern Illinois is booming."

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White visits Granite City license office

Continued from Page 1A

a comprehensive file on Illinois drivers. The information, he said, could not be obtained by insurance agencies.

"Complete information on even minor infractions should be available when deciding whether someone should be allowed to continue to drive," he said. "Right now, a person can receive a court supervision in all 102 counties, and four years later, get a safe driving certificate from my office. That's terrible. We don't do that stuff anymore."

White, 63, the 37th Secretary of State, also said that nine pictures of license plates will soon be featured on the Internet and will be showcased at 2,300 libraries and facilities throughout the state so that people can select their favorite

three. The most popular choice will become the first plate of the new millennium.

The names of those taking part will be entered into a drawing during the fall, White said, to take place in Springfield or Chicago. The winner will receive a handsomely framed license plate with his or her name inscribed on the frame.

After speaking, White headed to the Granite City station, where he spoke to and shook hands with people and employees from the license bureau for about a half-hour. White was in Granite City as part of his campaign promise to visit driver's license bureaus in each of the 102 counties. Granite City was his 50th stop.

"I want to get a first-hand look at personnel delivering their services to the people, get a good look at the physical

structure of the buildings and make sure they are conveniently located," White said.

White was born in 1936. At an early age, his family moved from Alton to Chicago's Near North Side, where he resides today. A former paratrooper in the United States' 101st Airborne Division, he is the first African-American to serve as Illinois Secretary of State after being elected to office last November.

His office provides direct services to more Illinois citizens than any other office. It issues vehicle license plates and titles, registers corporations, enforces the Illinois Securities Act, investigates vehicle theft and odometer fraud, licenses drivers and maintains driving records.

St. Elizabeth sponsoring grief seminar

Continued from Page 1A

Holidays When You're Grieving, scheduled for 1:30 to 3 p.m. and 4:30 to 6 p.m. Wednesday, Nov. 17, in Pascal Hall at SEMC.

In addition to the workshops, the hospice offers monthly bereavement support group meetings. The support group, People Needing People, meets at two locations.

On the second Tuesday of each month, the group meets from 6:30 to 8 p.m. in the nursing conference room at Anderson Hospital in Maryville. A second group meets the third Thursday of each month from 3:30 to 5 p.m. in the St. Mary Thomas Conference Room at St. Elizabeth Medical Center in Granite City.

Nancy Kaprelian, a coordinator with the hospice, said there is a need for people

"People who have lost somebody find it easier to talk with other people who have suffered a similar loss. Sometimes when you're grieving you just go over and over again the same stories. It can get tiring to your family members and friends."

Nancy Kaprelian
Hospice of
Madison County Coordinator

who have suffered losses to come together.

"Support groups are not for everyone," she said. "Some people grieve on their own, but others find the group is very helpful."

"People who have lost somebody find it easier to talk with other people who have suffered a similar loss," she added. "Sometimes when you're grieving you just go over and over again with the

same stories. It can get tiring to your family members and friends."

The Granite City group was recently reformed after being suspended last year. Kaprelian said that support group had also been meeting in the evening, but they started noticing the numbers going down and it was suspended in 1998.

"But we kept getting calls," she said.

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Continued from Page 1A

Monsanto Fund, which donated a \$1 million, four-year grant to cover administrative costs.

Because of the Monsanto Fund grant, all donations to the program can be distributed directly to youth agencies in the community. In addition to contributions, YDF relies on special events to raise funds. This year, the Urban League will host a Caribbean Fete from 6:30 to 11 p.m. July 30 at the Urban League Headquarters, 3701 Grandel Square.

The festive outdoor affair will feature live band Reggae At Will and Jamaican hors d'oeuvres. Tickets for Caribbean Fete are \$30. For more information or to order tickets, call 618-3667. Founded in 1918, the Urban League of Metropolitan St. Louis is a social service organization that strives to fulfill its mission of "equalizing life chances for all people."

The Urban League serves African Americans and other minority groups in St. Louis and St. Louis County in Missouri, and St. Clair County in Illinois.

Programs are offered in the areas of employment, community outreach, education, housing, health awareness and cultural enrichment.

Protestant Welfare schedules show

Continued from Page 1A

which reflect amateur to professional performers.

Tickets are available from board members, friends of the agency or at the agency's headquarters, located at 1818 Cleveland. They are \$6 in advance or \$7 at the door for adults and \$3 for youths 16 and under.

Proceeds from the event benefit the Community Care Center's need for repairs. This agency has provided assistance to more than 12,433 persons last year. The Revue's proceeds will help repair the building of a program that has been helping the community for 46 years while giving those with God-given talent the chance to demonstrate their gifts and be recognized.

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Stressed-out teachers becoming more commonplace

Teachers have been dealing with a frightful amount of stress in recent years.



Dennis O'Brien
FAMILY MATTERS

I recently visited with an experienced counselor who serves as social worker at several county schools. She works with children who have learning problems and behavior disorders. She shared some things that troubled her and should concern us all.

At the schools where this counselor serves, teachers packed up their belongings and slipped away at the end of the school year — drained survivors relieved to have

made it to the end. In the aftermath of the Littleton, Colo., massacre, misbehavior and attention-getting acts increased at schools.

In addition, the requisite vigil of teachers intensified dramatically. No one wanted to be the person who missed the behavioral signals of the next sociopath, and so teachers scrutinized behaviors as never before.

It may be "better safe than sorry," but being safe takes a lot of energy.

Not all of this fatigue, however, was the direct result of the Littleton situation. Teaching is a tougher profession than many people realize.

Teachers usually want to have an impact on children and are sensitive to others. This sensitivity can be an asset to their work, but also can make teachers more

vulnerable to stress — a factor that drives many good people out of teaching.

The school counselor I spoke with has noticed more teachers leaving the profession this year than ever before. The trend preceded the Littleton incident, she said.

In recent years, more troubled students have been identified and referred for intervention services. Previously, these students would prove troublesome to their classroom teachers, but would not be referred out for special services.

Parental denial is another huge factor in teacher burnout. Far too often, parents get defensive, minimize the disturbing things they hear or ignore well-intended and usually accurate concerns voiced by teachers and counselors.

For example, I recently visited a classroom and

observed a child swinging his arms around his head, licking his wrists, blurted out comments about himself and acting totally oblivious to what was going on in class.

When I inquired about the boy, I learned he had recently spit on other students and thrown his glasses at them. For months, the school principal recommended the boy receive counseling, but his parents would not hear of it.

When informed about the boy's recent misbehavior, the father "explained" that his son had not had enough time to himself over the weekend, which probably stressed him out.

With this type of denial, it's no wonder children misbehave, schools are disrupted and teachers are unduly stressed. Parental denial places burdens on teachers and counselors. When they call attention to a child, these

professionals aren't trying to criticize parents, reject the child or make outlandish predictions; they are simply trying to make parents aware the child has a problem that needs to be addressed before it becomes severe.

Teachers are the first to admit they are not always 100 percent correct, but their observations deserve to be respected. Parents could do so

much good for their children if they would simply put down their defenses, listen and take concerns seriously.

Dennis O'Brien is a licensed clinical social worker, experienced educator and therapist at the Zebra Foundation of St. Louis, an organization serving medically fragile children.

SIBA bestows 1998 Merit Award to L. Wolf Company

The Southern Illinois Builders Association (SIBA) recently bestowed its Merit Award to member firm L. Wolf Company of Granite City. The award signifies that L. Wolf Company has achieved no accidents during 1998. This company also received a Certificate of Commendation

for Safety Excellence from the AGC of America.

The SIBA, in conjunction with its not-for-profit industry fund, the Southern Illinois Construction Advancement Program (SICAP), has been in the forefront of construction safety and health efforts for six decades.

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Legion update Statistics for District 22

Page 2B

JJK Center provides beacon of hope

East St. Louis facility
can be a place to
nurture values

Sometimes politicians
really miss the mark.
President Clinton could
skydive into my backyard
and I do not think I'd take
notice. After
all, he
visited East
St. Louis
recently and
my only
concern was
the traffic
flow on
Interstate 64.

Clinton
visited the
new
Walgreens in
East St.
Louis. You
know where he should have
gone? The answer is the
Jackie Joyner-Kersey
Center.

"I've been on a kick related
to the value of sports lately,
and it seems to me that
sports is one of the best
ways for the city of East St.
Louis — or for any
community, for that matter
to make an economic
impact."

If not at a center like
Jackie's, which is nearing
completion, then on the
playing fields is where
character will be developed
the type of character that
will carry over into schools
and into the homes where
the family can reinforce the
discipline of sports.

What could Clinton have
done at the JJK Center? He
could have pointed to it as a
symbol of hope — something
that must be reinforced in
East St. Louis. It's a symbol
of how people working
together can progress and a
symbol of a place where the
foundations of discipline
through sports can be sown,
nurtured and reaped.

From the surface of the
sports that will be played at
the JJK Center, youngsters
should learn to value the
work that leads to rewards
and just maybe carry such
lessons into their own lives.

Therein lies a challenge,
an incentive not related to
credit lines or tax breaks.

Extra innings

Another place Clinton
might have visited is
Valmeyer, where the flood
of 1993 wiped out a
community that has since
moved to the top of a bluff
with the exception of a
baseball park — Borsch
Memorial Field.

It was after this scribe
had ended a three-day
session with Mon-Clair
men's baseball league
president Mel Patton as
voices at the annual
Valmeyer Mid-Summer
Classic that someone else
reminded me of the value of
sports.

Following Valmeyer's 8-5
victory against defending
champion Waterloo, Marissa
High School principal Ron
Colyer took a few moments
to remind those in
attendance of the beauty of
the occasion.

"He spoke of family
values," said Valmeyer
manager Dennis Peiper.
"He toasted not only the
players but their family
members who ignored the
heat to watch baseball and
share the experience."

"He referred to the
grandparents, to the former
players, to the kids, to the
foul ball shaggers, to the
batboys, to the generations
represented in a huge
audience held together not
by fireworks or live music,
but by a game — a sport."

Was Colyer being too
philosophic? Not so. He was
capturing a moment to
remind and applaud.

Sports

sports on-line, www.yourjournal.com

Tri City survives single elimination

By Adam Roe
and Rick Broome
Staff writers

The Tri City American Legion team
extended its season with a 5-2 victory
against Bethalto in the final game
of North Blue
Division
single-elimination playoff action
Saturday afternoon at Bethalto.

Post 119 beats Bethalto to advance

Tri City pitchers Sean Courtney and
Scott Schardan combined to give
Bethalto just one earned run on six
hits.
Courtney, who earned the win,
explained that his game plan was
pretty straight-forward.
"I was just trying to throw strikes

and keep the ball on the corners,"
Courtney said. "Most of what my
catcher (Matt Mercer) called, I went
ahead with and I let the guys behind
me make the plays."
Courtney, a Granite City senior, also
defeated the Bethalto Civic Memorial
baseball team in the opening round of

IHSA Class AA regional playoffs this
past spring. He thought the Bethalto
Legion squad did a better job at the
plate this time around.

"I think Bethalto just looked for the
ball and went with it," he said. "The
last game I pitched against them, they
seemed to be trying to pull the ball
when it was on the corner. This time
they went with it and placed the ball

See TRI CITY, Page 4B

Duo helped Eagles soar to crowns

Batson contributed to Columbia's success
at plate and wherever he played in field

By Karen Vartanian
Staff writer

Second base. The outfield. Wherever.
Just stick Columbia High graduate Andy
Batson somewhere so he can make the
game-breaking play.
"I like moving around,"
said Batson, who played
second base and outfield
for Columbia this past
spring. "I don't like playing one position for a
long period of time. I just like making the
plays — the big plays — wherever I can do
that."

Batson made plenty of big plays this spring.
He was Columbia's clutch player, batting .450
with three home runs and 34 runs batted in
while shifting from second base to the outfield
late in the season.

For his performance, Batson was named the
Journal Newspapers of Southern Illinois Class
A baseball Player of the Year.
"Andy was our leader," Columbia coach
Tom Detmer said. "He did it by leading by
example and when he went all out. He got so
many big hits. He gave us speed, power and
leadership. That's what you need out of your
seniors. He gave everything he had. That's
what you look for. He was one reason for our
success."

Batson's all-around efforts helped Columbia
win its second consecutive Cahokia Conference
title, its first IHSA Class A Regional title since
1987 and its first Monroe County Tournament
championship. The Eagles finished 20-9 overall.
"I liked the season a lot because we
accomplished a lot of the things we were trying
to accomplish last year," Batson said. "That's
all we talked about all year was winning the
regional and winning the conference. It was
huge. It felt great. Mr. Detmer was the
happiest man I've ever seen. Winning the
county tournament was big, too. We had a
pretty successful season."

Batson particularly was deadly down the
stretch, recording 13 hits in 24 at bats (.541)
during one point of Columbia's drive for the
conference and regional titles.

"I hit fairly well," said Batson, who

"Andy was our leader. He did
it by leading by example
and when he went all out. He got so
many big hits. He gave us speed,
power and leadership.... He gave
everything he had. He was one
reason for our success."

Tom Detmer
Columbia coach

currently is playing for the Columbia Post 581
American Legion team. "It could've been
better. It could've been worse. Overall, I think
it was pretty good."

And Batson made a smooth transition to the
outfield. The 6-foot, 175-pounder already was
familiar with the territory, having played there
in 1998 when Chuck Schmidt pitched.

The shift this spring improved Columbia's
outfield speed.
"He made the transition to a new position
and took it well knowing that he was doing it
for the team," Detmer said. "He did that and
sacrificed himself for the good of the team.
And he kept producing. He didn't miss a beat
offensively and he made all the plays in the
outfield. That shows the strength of his
athleticism."

Batson now is preparing for college life. He
will attempt to walk on the baseball team at
Eastern Illinois University in Charleston.
"The pitching's going to be a lot tougher,"
said Batson, who likely will major in business
at Eastern Illinois. "That's the biggest thing
making the adjustment to the pitching."

Batson also enjoyed a strong senior football
season for Columbia, rushing for more than
1,200 yards while registering 17 touchdowns. He
was named the JHSF Class A Offensive Player
of the Year for 1998 in football.

All-Journal team.....Page 3B



Columbia's Andy Batson hit .450 and drove in 34 runs in his
senior season to help the Eagles finish 20-9.

Schmidt pitched in for Columbia in run to conference, regional, county tourney titles

By Karen Vartanian
Staff writer

Columbia High junior Steve Schmidt
possesses the ideal pitching profile. He throws
strikes. He hits his spots.
He keeps his team in the
game.
Schmidt's ability to
master those principles of
pitching propelled the Eagles to a strong
season in 1999.

Schmidt, the Class A baseball Pitcher of the
Year for the Journal Newspapers of Southern
Illinois, helped Columbia capture its first IHSA
Class A regional crown since 1987 and its
second consecutive Cahokia Conference title.
The Eagles finished 20-9 overall.

"He throws strikes," Eagles coach Tom
Detmer said. "He didn't beat himself. To beat
him, you had to hit him. He mixed his pitches
up well. He spotted the ball. He was a
pitcher."

Schmidt, Columbia's ace, finished with a 7-4
record and a 2.27 earned run average.
The junior right-hander fanned a league-high
85 batters and issued just 17 free passes in 71
innings, good for a 5-to-1 strikeout-to-walk
ratio.

At one point late in the season, Schmidt
boasted an incredible 8½-to-1 strikeout-to-walk
ratio.

"A 2-to-1 ratio is good," Detmer said.
"8½-to-1 is unheard of. He had a great
strikeout-to-walk ratio."
Schmidt, who registered one shutout this
spring, was a key component in Columbia's
regional title march.

He opened the Freeburg Regional with a
two-hit, eight-strikeout performance against
Sparta on May 20. Schmidt went five innings in
the Eagles' 13-1 short-game of the Bulldogs.

"He throws strikes. He didn't
beat himself. To beat him,
you had to hit him. He mixed his
pitches up well. He spotted the
ball. He was a pitcher.... He has
tremendous baseball knowledge.
He has a love for the game. He's
got a good glove. He has a lot of
energy."

Tom Detmer
Columbia coach
on Steve Schmidt

Four days later, Schmidt scattered 10 hits in
Columbia's 7-5 regional championship triumph
of New Athens. Schmidt allowed just three
earned runs and struck out seven in a
route-going effort.

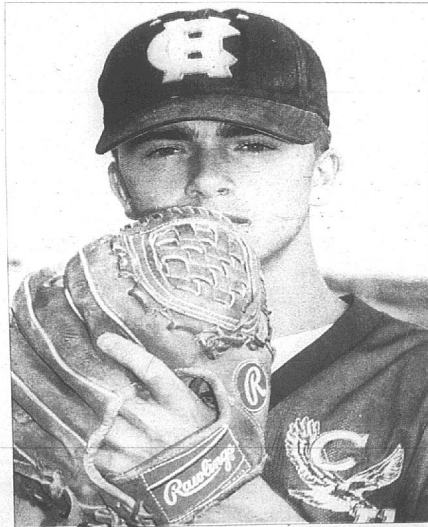
Schmidt, an all-conference first team pick at
pitcher, also provided Columbia with a steady
offensive and defensive shortstop.

Schmidt batted .407 with one homer — which
was a grand slam in the Eagles' 15-5 pasting of
Weston on May 10. He also had 12 doubles and 20
RBI. Schmidt also led Columbia and the
league in runs scored with 43.

Detmer was pleased with Schmidt's defense
at shortstop as well.

"Steven plays a lot of baseball," Detmer
said. "He's got great instincts. Those are
things you can't teach. He has tremendous
baseball knowledge. He has a love for the
game. He's got a good glove. He has a lot of
energy. At practice, he has fun. And that
shows in his play."

"He could be awful good next year."



Paul Baillargeon photos

Columbia junior pitcher Steve Schmidt posted a 7-4 record
with a 2.27 earned run average this past spring. He struck
out a league-high 85 batters and issued just 17 walks in 71
innings.

All-Journal Class A baseball team

Player of the Year

Andy Batson, Columbia, senior.

Pitcher of the Year

Steve Schmidt, Columbia, junior.

First team

Travis Krick, Red Bud: The senior recorded more than one-half of the Musketeers' victories in 1998, posting a 6-4 overall record with a 4.27 ERA.

"He was a very integral part of our team," said Red Bud coach Tony Ringering, whose squad went 11-12. "He was the one pitcher, toward the end of the season, whenever we had the important games, we put the ball in his hands. He can log quite a few innings. He doesn't get real flustered if there are errors behind him."

"He keeps plugging away. He didn't walk a lot of batters. He kept the ball around the plate."

Krick also drove in 10 runs.

Jeremy Heller, Red Bud: The catcher was voted as Red Bud's team MVP after posting a .452 batting average this past spring. He hit four home runs and drove in 23 runs.

Heller also gunned down 90 percent of potential basestealers. "He always came up with the big hit," Ringering said. "He did most of his leading by example on the field. He was a very important part of our team. He did a great job. He will be very difficult to replace."

Jon Valiero, Freeburg: The senior first baseman and two-year varsity veteran batted .253 with eight homers and 26 RBI.

"He had a real consistent year," said Freeburg coach Fred Blumberg. "He's a very good power hitter and he's always a threat to hit the ball out of the park. He hit some big ones for us and he also had six doubles."

Valiero will play next season at



Paul Ballargeon photo

Red Bud's Travis Krick (left) posted a 6-4 pitching record this past spring and also drove in 10 runs at the plate.

Belleville Area College.

Doc Kleinschmidt, Columbia: The junior ripped opposing pitching this spring, notching a .425 batting average with 26 RBI.

Kleinschmidt also hit three home runs.

"He has raw power in his hands," Delmer said. "He hit a couple of balls that were just shots. He has a Mike Piazza-type of swing. And he works so hard at it. His numbers were outstanding. And he's only going to get bigger and stronger."

John Torisky, Gibault: The senior capped his high school baseball career with an impressive season for the Hawks, who finished 15-11.

Torisky hit .462 with five homers and 35 RBI for the Hawks. He also drilled 10 doubles and four triples.

Filling in for injured starter Matt Watson, Torisky also pitched 26 innings this spring, going an impressive 3-1 with a 1.02 ERA. He fanned 25 and walked only seven.

Justin Rohlfing, Valmeyer: He followed his outstanding junior

season with a strong senior campaign.

Rohlfing, who led the Metro East in batting with a .597 average in 1998, hammered opposing pitching for a .446 mark this spring. He finished with three home runs and 15 RBI.

Rohlfing excelled on the mound as well, going 2-3 with a respectable 3.76 ERA in 41 frames.

Steve Doyle, Columbia: The senior outfielder emerged for Columbia on the mound and at the plate.

The righthander posted a 7-2 pitching record with a 3.63 ERA while striking out 56.

Offensively, Doyle batted .455 at Columbia. Conference-best .455 with four round trippers and 21 RBI.

"He's simply what you call a power player," Delmer said. "He's a power pitcher. At the plate, he swings as hard as he can. He comes right at you. He was another reason for our success."

Patrick Smith, Freeburg: The junior played center field and right field for the Midgets. He batted a team-high .377 with 29

hits, 21 runs scored, seven doubles, two triples and one home run.

Smith also plays basketball and football.

Nick Bohnenstiel, Lebanon: The sophomore centerfielder batted a team-high .321 and also led the Greyhounds in hits (26), home runs (four) and RBI (21). As a pitcher, he was 6-4 on a team that was 9-15 overall. He had 80 strikeouts and 35 walks in 68 innings while posting a 4.01 ERA.

Second team

Pitchers — Steve Doyle, Columbia; Josh Basinski, Dupu.

Catchers — Greg Knobloch, Valmeyer; Kyle Krennall, Dupu; Andy Johnson, Columbia.

Infielders — Jeff Birkner, Gibault; Alex Bunte, Red Bud; Jay Walton, Westlin; Dan Gulegge, Metro East Lutheran; Dan Schoenleber, Metro East Lutheran; Rob Blumberg, Freeburg; Aaron Krennall, Dupu; Josh Basinski, Dupu.

Outfielders — Brad Haar, Westlin; Andy Sker, Freeburg; Kyle Steele, Columbia.

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Post 113 shuts out Alton in playoff opener

By Rick Broome
Staff writer

Tri City manager Chad Lignoul has had some concerns about his team's propensity to play down to the level of their competition.

LEGION BASEBALL Despite a six-game winning streak near the end of the regular season, Tri-City's play against lesser opponents had been spotty. That wasn't a problem Saturday morning in the opening round of the District 22 Northern Division single-elimination playoffs. Post 113 used timely hitting and stellar starting pitching to knock off Alton 2-0 at Granite City.

Jeff Schlecht led off the bottom of the first inning with an infield single, then stole second, sliding just under

Mayes throws three-hitter, has hand in both runs

the tag of second baseman Nick Stroheck. Alton starter Jeff Schwierjohn got both Aaron Hoback and Teddy Millas to fly to right field but Devin Mayes delivered a two-out single to score Schlecht from second.

Post 113 got an insurance run in the home half of the sixth. Mayes ripped a one-out double deep to centerfield and took third base on a passed ball. Matt Pistorius doubled to right-center to score Mayes from third.

Mayes made the runs stand up with a seven-inning complete game for Tri City in muggy early-morning conditions.

"I started to get a little tired late,"

Mayes said. "It was humid and that took something out of me. But I felt good after we got that first run."

Mayes was 3 for 3 at the plate, lacking only a home run to complete the cycle. On the mound, Mayes scattered three hits and three walks while striking out eight.

"It was a well-pitched game, to say the least," Lignoul said. "He pitched a heck of a game. I'm definitely glad I decided to pitch him this morning."

"He pitched well, he really did. It was unbelievable. There were kind of a couple of long, drawn-out innings and he threw a few more pitches than he had to, but man, he had good stuff again. He is pitching great right

now. I hope we can win a few more games and he can get a chance to go again."

Post 113 had seven hits, two of them when they really needed it. But the task could have been made much easier.

"We got some timely hits, but we should have had some more," Lignoul said. "We had a spot there where we had runners at second and third with nobody out (in the fifth), and you have to get something there. Hopefully later we can turn that around and score 10."

"It was a tough game and you have to step it up for the playoffs," Mayes said. "Schwierjohn is a good pitcher."

"I started to get a little tired late. It was humid and that took something out of me. But I felt good after we got that first run."

Devin Mayes

I've known him for a long time and I knew we would have a tough match."

Tri City moved on to beat Bethalto 5-2 Saturday afternoon to advance to the double-elimination tournament Monday at Collinsville. Post 113 played Troy on Monday and Collinsville was scheduled to play defending national champion Edwardsville.

Sports briefs

Volleyball camp tryouts

North Junior High in Collinsville will offer a volleyball camp Aug. 9-13 (8-10 a.m. each day). Cost is \$25. For information, call 345-7084.

Collinsville North Junior High volleyball tryouts are set for Aug. 16-20 (8-10 a.m. each day). For information, call 345-7084.

Soccer tryouts

The Collinsville United Renegades under-12 soccer team is conducting tryouts 6-7:30 p.m. July 21 and 28 at the Collinsville United Soccer Complex. For information, call 345-2556.

The CUSC Apex under-14 boys soccer team will conduct tryouts 6-8 p.m. July 27 and 29 at the United fields on McDonough Lake Road. For information, call 345-7347 or 934-4168.

Team Olympians girls soccer will conduct tryouts for under-14 age group 6:30-8 p.m. on July 21 and 28 at the SIUE soccer fields. For information, call 667-2745 or 288-6923.

Team Olympians girls soccer will conduct tryouts for under-16 and under-18 age groups. Tryouts are 8:30-8 p.m. on July 21 and 28 at the SIUE soccer fields. For information, call 667-2745 or 288-6923.

A new Collinsville United 10-and-under boys soccer team is conducting tryouts at the United Soccer Fields off McDonough Lake Road. Tryouts are 6 p.m. July 21. For information, call 345-0236.

Downtown Imprints soccer tryouts for under-14 girls will be conducted July 24 (10 a.m.) at Tri Township Park in Troy. Players born after Aug. 1, 1985 are eligible. For information, call 667-7948 or 794-8168.

Tri City survives single-elimination round

Continued from Page 1B

better."

Post 113 jumped on top in the third inning. Matt Mercer reached on a single and took second on Jason Miller's sacrifice. Jeff Schlecht hit a single to advanced Mercer to third, from where he scored when Bethalto third baseman Anthony Perez misplayed Aaron Hoback's grounder. Schlecht scored on an RBI-single by Teddy Millas.

Tri City held that 2-0 lead until Bethalto put two runs across in the fifth against Courtney Kory Bohnenstiel led off the inning with a single and advanced to second when James Brenner hit a grounder to third. Anthony Perez slapped a single to right-field to score Bohnenstiel, making the score 2-1. Perez later scored on an error by Tri City shortstop Devin Mayes.

But that was the extent of Bethalto's scoring. Tri City went ahead for good in the sixth. With one out, Millas reached base and came around to score on Mayes' double.

In the seventh, Post 113 added a pair of insurance runs as Dustin Murphy and Millas drove in Matt Mercer and Schlecht.

"I guess I hung a couple curveballs and they got a couple of nice base hits," Brenner said after taking the loss. "Throwing 70 innings in a summer takes its toll. I was happy with the effort we put forth. We showed a lot of enthusiasm. I just think the season took its toll on everybody."

Schardan relieved Courtney in the sixth inning for Tri City and recorded six consecutive outs, three of them by strikeout, to earn the save. The big right-hander had experienced some soreness in his pitching arm earlier in the week, but had no trouble Saturday.

"My arm felt pretty good

today," Schardan said. "I just wanted to make sure Sean got the win, and I'll take the save."

Bethalto coach Dan Collman gave Tri City credit for playing a solid game.

"Give Granite City some credit," Collman said. They did a pretty good job. That wasn't their best pitcher, but he did a good job of trying to keep the curveball away. We hit the ball early, but a lot of them were pop flies. I was

happy with our effort, though. We had a couple of little mistakes, but all-and-all, we looked pretty good."

"We were 16-12 and we probably should have won another four or five. I was telling the kids, though, that as soon as they start lifting, doing the passing camps twice a week, working jobs and they have to deal with the heat and humidity, it takes a toll. You can almost see their energy sap and we don't have the depth to overcome that."

Tri City went on to play Troy on Monday night in the first round of the double-elimination phase of the playoffs. Collinsville was to meet Edwardsville in the other North Division game.

The losers and winners were to meet each other Tuesday. "We're not intimidated by Troy," Lignoul said. "If they beat us, they beat us, but I'm not going into the tournament just to show up. I'm going there to win."

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The Young citizens club Catholic Church monthly mass the church President reported

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Bingo and ice cream highlight Young at Heart meeting

The Young at Heart senior citizens club of Holy Family Catholic Church held its monthly meeting June 28 in the church community center. President Cleola Siebert reported receiving a

consolidated thank-you card from all the sisters for the pot luck. Those sisters attending the pot luck were Sister Jean Patrick, Sister Angeline, Sister Linda Mary, Sister Donna Marie, Sister Mary Stanley

and Sister Dorita. Marilyn Schooley, friendship chair, sent sympathy cards to Rose Steele, due to the death of her son-in-law, and Hilda Melton, due to the death of her son. Get-well cards were sent to Fr. Wise and Cleo Schneck. Membership chair Connie McGee, reported 60 members in attendance, with one new member, Shirley Wendell. Irma Manning, trip chair, reported a trip to four Catholic churches is scheduled for Aug. 4. The price of \$20 includes lunch, transportation and tours. Group leaves the church parking lot at 11 a.m.,

visit St. Mary's of Victory for lunch, then leaves the church at 12:30 p.m. The club will then go to the Shrine of St. Joseph's, where a tour of the church will be conducted from 1 to 2 p.m. and then proceed to the Cathedral Basilica, where the club will be escorted until 3:15 p.m. The group will be back in Granite City by 3:45 p.m. Deadline date for reservation and payment is July 28.

Birthdays celebrated in June were Connie McGee, Sylvia Opich, George Sotiroff, Irene Hauptman and Jan Oberle.

Anniversaries celebrated in June were Nellie and John Forrest, married 43 years; and Irene and Joe Hauptman, married 54 years.

President Siebert reported receiving a thank-you card from Lou Shipley, the Holy Family grade school recipient of a scholarship to Marquette High School in Alton. This scholarship was from the Young at Heart.

Margaret Ferro, member of the Nominating Committee, reported the new slate of officers for 1999-2000. They are: President, Cleola Siebert; Vice President, Marilyn

Schooley; Recording Secretary, Cleo Schneck; Treasurer, Goldie Rozzyck; and Corresponding Secretary, Louise Kovar. Warren Bequette made a motion that nominations be closed from the floor and the candidates be elected by acclamation.

Attendance prizes were won by Lucille Mossa, Cathy Wiese, Eric Mooshegan, Rose Schmitt, Mattie Sotiroff, Al Mossa, Katherine Sawicki and Marie Stanek.

Following refreshments of ice cream sundaes, the remainder of the evening was spent playing bingo.

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Burdine Holtzschler prepared a devotion from the booklet *Guidedposts for the Church Women United* monthly meeting, held June 24 at Nameoki United Methodist Church.

President Millie Clements announced that Mae Lee and Ollie Derr provided the refreshments. She also introduced a guest, Billie Houba.

The following announcements were made: An accompanist is needed for the CWU choir; tutors are needed in the fall at

all local schools; we will continue the boycott of Mount Olive pickles; the CWU breakfast planned for July 31 at Brenda's Restaurant has been cancelled; and a new chairperson is needed for the annual fund-raiser, "Music, Music."

The back-to-school program sponsored by Community Care will be held on Aug. 14, 15 and 17; a roadblock to seek donations will be held on Aug. 7; and a talent show, also sponsored by Community Care, will be held at Granite City High School on Aug. 20. Community Care recently

bought the Patio Restaurant and is now serving breakfast and lunch.

A new name for the local unit of Church Women United was chosen. It will be called the Quad-City Unit Southwest. The area institute will be held Sept. 29 at St. John United Church of Christ in Collinsville. The regional event will be held Oct. 28 to 31 at Grand Rapids, Mich. The Illinois state assembly will be held April 28-29 in Springfield.

CWU voted to give \$50 to the Good Samaritan House to purchase diapers. Members present brought canned goods

for The Salvation Army, Community Care Center and Phoenix Crisis Center. The were asked to keep bringing samples of canned goods, paper-bound Bibles and paper-bound dictionaries for the women in prison.

On Aug. 24, a tour will be offered to visit the foster care program called Hope for the Children near Champaign. The \$25 registration fee includes transportation.

The next CWU meeting in July, the next CWU meeting will be held Aug. 26 at Nameoki United Methodist Church.

Church Women United make plans for August

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AMVETS, auxiliary installation dinner held

Granite City AMVETS Post 51 and its auxiliary held its annual installation dinner June 5 at the post home. Colors were posted prior to

the ceremony by Charles Wilkins; a prayer was offered by auxiliary chaplain Gerri Recer. The new post officers were

installed by AMVETS Installing Officer Leo Clements, the commander of Post 345.

New officers are: Commander, Pam Falk; First Vice Commander, Herold Seibert; Second Vice Commander and Adjutant, David Duval; Third Vice Commander, Bert Jones; Judge Advocate, Phil Manning; Finance Officer, Gerald Liebold; Provost Marshal, Leo Clements; Service Officer, Bill Schienschang; Chaplain, Charles Wilkins; Membership, Bill Miller; and PRO Historian, Bill Hamilton. The auxiliary installing officer was Catherine Swinnen, a VAVS representative to Marion V.A. hospital from Mount Vernon. Visiting the ceremony was Elsie Florlage, state junior AMVET coordinator from Mount Vernon.

New auxiliary officers are: President, Betty Clements; First Vice President and Liaison, Betty Wilkins; Second Vice President, Sonny Liebold; Third Vice President and PRO Historian, Ethel Weibull; Treasurer, Sharon Tackett; Treasurer, Jackie Rainwater; Sgt. at Arms, Shelli Brown; Chaplain, Gerri Recer; Parliamentarian, Shirley Schienschang; Hospital, Bert Manning; Americanism, Barbara Copeland; and Ways and Means, Carol Jarrett.

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Enter by August 2nd for Early Bird Bonus Drawing

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House drawing at 8:30 PM on September 30, 1999 at Center Court in St. Clair Square

Overview of the Big Brothers Big Sisters House Raffle is provided by the accounting firm of Eric, Sullivan & Company, Ltd.

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Sorority elects new officers

Twelve members of Eta Alpha Chapter, Phi Tau Sorority, attended the regular monthly meeting June 1 at Ravenna's, hosted by Van Stuart and Betty Harris.

Before lunch, a short business meeting was held with president Ann McDowell presiding. Election of chapter officers for 1999-2000 was held, resulting in new president Van Stuart.

Current officers are treasurer, Millie Jungels and associate scribe, Mary Evalyne Yenko, will retain their present offices. New officers will assume their duties Aug. 1.

Card games occupied the afternoon with everyone present receiving a prize. Others attending were Frances Hartman, Dorothy Johannmeier, LaVeeda Knobbe, Marguerite Lexow, Mary Lou Tonsick, Elsie Rodell and Lois Wier.

Hostess for the July meeting will be Marguerite Lexow and Mary Lou Tonsick.

Auxiliary meets

The May meeting of Granite City Eagles Auxiliary 1126 was opened by Auxiliary President Nina Jackson May 11 at the Eagles Hall.

Four new candidates were installed into the auxiliary: Heather Miskelly, Cathy Bobb, Edith James and Donna Hasty. A business meeting followed.

Horoscopes

Wednesday, July 21
TODAY'S BIRTHDAY:
 Circumstances in the year ahead could draw you into a more advantageous alliance with someone with whom you already have firm bonds. Collectively you'll do great things together.

CANCER (June 21-July 22)
 Trying to be all things to all people never works and it could even cause you to feel frustrated or inadequate. Just be yourself and you'll get a lot farther ahead.

LEO (July 23-Aug. 22)
 It's far more important that you strive for quality and satisfaction rather than speed today concerning a critical matter that could have far-reaching effects. Don't be too hasty.

VIRGO (Aug. 23-Sept. 22)
 If possible today, try to avoid someone with whom you recently had cross words. Chances are both of you still have chips on your shoulders and could say things to widen the chasm.

LIBRA (Sept. 23-Oct. 23)

Your budget can be improved upon today if you start off your day off on the right foot. Sort out your financial affairs and trim what you can of your expenses.

SCORPIO (Oct. 24-Nov. 22)
 Should you get involved in a competitive development today, don't underestimate your adversary. This individual could be far stronger than you think.

SAGITTARIUS (Nov. 23-Dec. 21)
 Unless you strive to keep all of your testy endeavors as basic and simple as possible today, you could have a tendency to further complicate the situation.

CAPRICORN (Dec. 22-Jan. 19)
 Although normally you're a reasonably cautious individual who usually isn't prone to taking big, uncalculated risks, your discipline might be at a low point today. Be careful.

AQUARIUS (Jan. 20-Feb. 19)
 Taking scattering potshots at a variety of targets today won't improve your marksmanship. Only when you aim

for meaningful objectives will you have a chance at hitting the bull's-eye.

PISCES (Feb. 20-March 20)
 Don't let poor judgment on your part reopen an old wound today. There's a possibility that caused the injury in the first place.

ARIES (March 21-April 19)
 There's no way you're going to be able to simply go window wishing today, so unless you have ample financial wherewithal, it's best to leave your credit cards home.

TAURUS (April 20-May 20)
 The line between being your own person or being a team player might be rather delicate today. Unfortunately, the former might dominate over the latter. Try to reverse that.

GEMINI (May 21-June 20)
 Rumblings from the powers-that-be regarding responsibilities or duties you've messed up on or have been neglecting could get quite loud today, unless you get on things bright and early.

Panning 'American Pie'

At 17, when testosterone charges through a young man's body like the bulls of Pamplona, everything is about sex and how to get it. And for the awkward adolescents in "American Pie," the biggest challenge is how to lose their virginity.

For Sherman, the solution is to lie about his sexual experience. Finch pays a friend 200 bucks to make sure all the girls at school think he's a killer stud in bed.

Or, a simple-minded jock, joins the school chorus so he can hook up with a blonde cutie, while Kevin consults a secret manual of sexual do's and don'ts that has been passed down by generations at school.

And then, there's Jim. He gets up close and personal with dirty tube socks and mother's apple pie.

Jim provides a reason why this coming-of-age movie is called "American Pie," and the defining scene, in which he tries to simulate a sexual act with dessert, is a gross-out. You'll think twice the next time someone offers you a slice of apple pie.

And then there's the plot. It's so thin, it makes Calista Flockhart look like a poster child for Weight Watchers. Here's the skinny: Four middle-class suburban boys try to

score. Oooh, the sweet mystery of it all. Do they succeed? What do you think?

But plot isn't everything. In this case, fun is. And "American Pie" has some genuinely funny moments, like Jim's on-line sexting with a foreign exchange student and his bedroom tango with the band geek dominatrix. The movie's humor, though, is uneven, and the film falters with sometimes deadly pacing and overdone silliness as a substitute for wit.

As a coming-of-age piece, it lacks the edge, and social redemption of "Porky's" and the sassy writing and knock-out performances of "Animal House" and "Fast Times at Ridgemont High." Nor is it a smart film like "Election."

Take away the nudity, sexual content and sleaze, and "American Pie" has the look and feel of a television series expanded into a two-hour special.

The actors have that homogenized, bland all-American TV look. Sadly,

there are no break-out performances; there's no Sean Penn or Reese Witherspoon to keep the film afloat. And, with the exception of the band geek Michelle, and Jim's dad, who takes an active interest in his

son's sex ed, the characters aren't very memorable and seem to be ordered up from a Central Casting mail-order catalog.

Jason Biggs, from the TV soap "As the World Turns," plays Jim; the apple pie is unbaked.

Chris Klein, last seen as Paul Metzler in "Election," is Oz, the group's self-appointed Casanova; Alyson Hannigan is the talky, geeky flute player; Shannon Elizabeth gets to bare her breasts as the exchange student Nadia; Eugene Levy does his usual droll take as Jim's father.

Natasha Lyonne is wasted in her role as Jessica, who helps Finch's reputation; Thomas Ian Nicholas is a forgettable Kevin, who is in love with Tara Reid's Vicky (we're asked to believe that this twitette has been accepted by Cornell University).

The ensemble cast is filled out with Chris Owen as Sherman, who starts the ball rolling when he lies about having lost his virginity; Seann W. Scott as the annoying Stifler; Mena Suvari as sweet Heather the chorus soloist and Eddie Kaye Thomas as the provocative Finch.

Associated Press

Movie schedules

Film timetable for Wednesday, July 21. For times on other days or to confirm these times, check local theaters.

CARMIKE PETITE
 1-70 and Hwy. 157, Collinsville, Ill. 344-1708
 Lake Placid (R) 1:20, 3:30, 7:15, 9:15

Eyes Wide Shut (R) 12:40, 3:50, 7:00, 10:10
 Wild Wild West (PG-13) 1:45, 4:15, 7:00, 9:30
 Big Daddy (PG-13) 1:00, 3:45, 7:10, 9:30

EASTGATE CINE
 Eastgate Plaza, E. Alton, Ill., 254-5299
 South Park (R) 2:30, 5:15, 7:30, 9:30

Lake Placid (R) 1:00, 4:00, 7:00, 9:15
 Eyes Wide Shut (R) 3:00, 6:00, 10:00
 American Pie (R) 2:15, 5:00, 7:45, 10:15

Big Daddy (PG-13) 1:45, 4:40, 6:50, 9:50
 Wild Wild West (PG-13) 1:30, 4:15, 7:15, 9:45

COTTONWOOD
EDWARDSVILLE CINEMA
 Edwardsville, Ill., 656-6390
 Summer Of Sam (R) 6:45
 Notting Hill (PG-13) 7:15
 Entrapment (PG-13) 7:00

NAMEOKI CINEMA
 30 Nameoki Village, 877-6630
 Wild Wild West (PG-13) 7:00, 9:30
 Big Daddy (PG-13) 7:15, 9:40

O'FALLON 15 CINE
 1320 Central Park Dr., O'Fallon, Ill., 822-4900

Tarzan (G) 11:00, 1:15, 3:30, 5:45, 8:00, 10:15
 Tarzan (G) 12:30, 2:45, 5:00
 The General's Daughter (R) 7:15, 10:00

American Pie (R) 11:30, 1:30, 4:00, 7:00, 9:00
 American Pie (R) 12:30, 2:30, 5:00, 7:40, 10:00
 Big Daddy (PG-13) 11:15, 1:30, 3:45, 5:55, 8:10, 10:20

Big Daddy (PG-13) 12:00, 2:15, 4:30, 7:00, 9:00
 Big Daddy (PG-13) 12:45, 3:00, 5:15, 7:30, 9:45
 Eyes Wide Shut (R) 12:00, 3:35, 7:10, 10:10

Eyes Wide Shut (R) 1:00, 4:00, 7:50
 Star Wars (PG) 12:00, 3:00, 6:00, 9:00
 Star Wars (PG) 1:00, 4:00, 7:00, 10:00

The General's Daughter (R) 12:30, 3:05, 5:40, 8:15
 Notting Hill (PG-13) 1:15, 4:00, 7:05, 10:00
 Ideal Husband (PG-13) 12:05, 2:35, 5:15, 7:45, 10:10

South Park (R) 1:30, 3:30, 5:30, 7:30, 9:30

ST. CLAIR 10
 50 Ludwig Drive, 398-9383

Wild Wild West (PG-13) 12:30, 2:45, 5:00, 7:15, 9:30
 Wild Wild West (PG-13) 1:15, 3:30, 5:45, 8:00
 Wild Wild West (PG-13) 2:00, 4:15, 6:30, 8:45

The Wood (R) 12:15, 2:40, 5:10, 7:40, 10:00
 The Wood (R) 1:30, 4:00, 6:30, 9:00
 Summer Of Sam (R) 1:00, 4:00, 7:30
 Lake Placid (R) 12:20, 2:20, 4:20, 6:20, 8:20

Arlington Road (R) 1:45, 4:30, 8:15
 Austin Powers 2 (PG-13) 12:45, 3:00, 5:15, 7:30, 9:45
 Muppets From Space (G) 12:00, 2:05, 4:10, 6:15, 8:00

SHOWPLACE 12
EDWARDSVILLE
 6633 Center Grove Rd., 659-7469
 Lake Placid (R) 12:30, 2:40, 5:15, 7:40, 9:50

Eyes Wide Shut (R) 12:00, 3:30, 7:00, 10:15
 Big Daddy (PG-13) 12:30, 2:45, 5:15, 7:50, 10:05
 American Pie (R) 2:10, 5:05, 7:30, 9:45

Tarzan (G) 12:15, 2:30, 4:40, 6:50, 9:00
 The General's Daughter (R)

1:50, 4:30, 7:50, 10:20
 Wild Wild West (PG-13) 1:30, 4:10, 6:40, 9:15
 Muppets From Space (G) 12:20, 2:50, 5:00, 7:20, 9:20

Austin Powers 2 (PG-13) 12:45, 3:00, 5:10, 8:00, 10:10
 Arlington Road (PG-13) 1:10, 4:20, 7:00, 9:55
 Star Wars (PG) 1:20, 4:15, 7:15, 10:00

SKYVIEW DRIVE-IN
 5700 North Belt West, Belleville, Ill., 233-4400
 Check theater for times
 The General's Daughter (R) South Park (R) Wild Wild West (PG-13) Austin Powers (PG-13)

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Senior Page



Credit card thief targets elderly at grocery stores

By Heather Cole
Staff writer

A man reportedly is targeting elderly people at local grocery stores in a scam to steal their wallets and obtain personal information. The man tells people he is a regional manager for the grocery stores, say police in several cities where the incidents have occurred. He reportedly offers coupons or discounts to people if they will give him personal information such as age, identification and Social Security number. The man has gone with people to their cars, where he asks to examine drivers licenses and other identification, police said. He then takes their wallets or

credit cards while writing down the information. In two cases in Creve Coeur, Mo., women allowed the man to get in their cars and use their purses as a writing surface, said Creve Coeur police Lt. George Hodak. One of the women had her wallet stolen. The other did not have anything stolen, but the man obtained her Social Security number and other information, Hodak said. The man has struck in the Missouri cities of Brentwood, Crestwood, Creve Coeur, Des Peres, Eureka, St. Louis and Webster Groves, Hodak said. "He's a smooth operator, a good talker with people skills and convincing," Hodak said. "I wouldn't be surprised if part of the thing he banks on

is that victims will be too embarrassed to call the police. It's happened to a bunch of people. He's obviously pretty good."

The man was described as black, well-dressed, about 6 feet tall, 170 to 175 pounds and 35 to 40 years old. The man apparently stole credit cards from a person July 10 at a Schnucks store at 9540 Watson Road in Crestwood, said Crestwood police Lt. Rick Downs. Police do not know the name of the victim, who called the Crestwood Police Department's crime victim hot line, Downs said.

In an incident in May in Des Peres, a man fitting the description of the thief

"He's a smooth operator, a good talker with people skills and convincing. 'I wouldn't be surprised if part of the thing he banks on is that victims will be too embarrassed to call the police. ... It's happened to a bunch of people. He's obviously pretty good.'"

Lt. George Hodak
Creve Coeur Police Dept.

approached an elderly woman and her invalid husband after they left Sam's Club, 13455 Manchester Road. He offered to help them put groceries in their car and the husband in getting inside the vehicle, said Des Peres police Capt. Keith Krumm. The couple drove home and later discovered the woman's

wallet was missing, Krumm said. Earlier this month, a man fitting the same description approached a woman inside a Schnucks store at 8600 Big Bend Blvd. in Webster Groves and told her he was a store employee, said Webster Groves police Detective Mike Lange. The woman later

discovered an envelope containing money was missing from her purse, Lange said. A man fitting the description also was seen near another woman between 1 and 2 p.m. June 24 at the same store, Lange said. The woman later reported her wallet had been stolen from her purse, Lange said.

Identification is key to avoiding phony supermarket survey takers

By Heather Cole
Staff writer

Police have several tips on how to avoid becoming a victim of scam artists, like the man who has been stealing wallets and credit cards from elderly people on grocery store

parking lots. Residents should be familiar with store policies on solicitations and surveys, said Creve Coeur, Mo., police Lt. George Hodak. "Schnucks, in particular, has a policy that they do not allow people to do surveys on

parking lots, or solicit," Hodak said. "I imagine others have the same policy."

If someone approaches you on a parking lot and says he or she is a store employee, check for an identification badge or request identification, Hodak

said. Crestwood, Mo., police Lt. Rick Downs suggested checking with employees inside the store to see if a survey is being conducted or if employees are supposed to be approaching customers on the parking lot.

People should never allow a stranger to get inside their car, or give personal information to people they don't know, Hodak said. Police should be called if a suspicious person approaches, he said. "If they are legitimate, they

will stand there until the police are there," Hodak said. "If not, they'll take off like a shot." Hodak also said anyone who could be considered vulnerable, such as a teenager or senior citizen, should have a cellular phone on hand.

As confidence in retirement rises, few know how much savings needed

Americans are growing more confident about their retirement, but that may be because they're refusing to face bad news about how big a nest egg they need, says a survey whose sponsors include insurance companies, banks and mutual funds. Most respondents said they haven't calculated how much savings they'll need to live comfortably, and many of

today's workers — even those in their 50s — have saved less than \$10,000 or even nothing at all.

One bright spot: Workers age 25 to 33, worried about Social Security's staying power, are starting to save for retirement at a younger age than their parents and older siblings.

The survey, financed by 22 organizations including the American Association of Retired Persons, was released as the Social Security Administration announced a 2.1 percent cost-of-living increase for next year, the smallest since 1987.

Sixty-eight percent of workers questioned said they are very confident or somewhat confident of their retirement income prospects,

up from 62 percent last year. And the proportion of those "not too" or "not at all" confident dropped from 37 percent to 30 percent.

"It's generally accepted that this is false confidence," said Jeffrey Love, senior research associate for the AARP.

"There's a lot of faith here that things will work out, that they'll save later, that the stock market will steadily increase."

Stocks, as measured by the Dow Jones industrial average, rose nearly 30 percent between the two surveys, compared with a more typical annual gain of 12 percent.

Despite most workers' confidence in their retirement prospects and even though a third would like to retire at

age 55 or younger, only 36 percent said they have figured out how much they'll need.

And a quarter of those can't give a figure when asked. That means nearly three-quarters of current workers don't know how much money they should accumulate.

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Meanwhile, the proportion of

workers saving regularly for retirement was 60 percent, up from 61 percent three years ago. But Mathew Greenwald, president of the Washington-based market research firm that conducted the survey, said saving blindly often isn't enough.

"It's hard to hit a target if you don't have one."

"It's hard to make decisions about how much to save and how much to spend if you don't know what you're shooting for," he said.

Many aren't saving enough. Of workers born before the post-World War II Baby Boom, those age 53 and older, 11 percent said they had no retirement savings and 9 percent said they had less than \$10,000.

Among the post-Baby-Boom generation, those age 25 to 33, 25 percent had no retirement savings.

On the other hand, 20 percent already had accumulated \$50,000 or more.

A look at other answers explains why. Forty-seven percent of workers 53 and older expected their most important retirement income source would be an employer-funded pension or Social Security. Of those 33 or younger, only 22 percent said that.

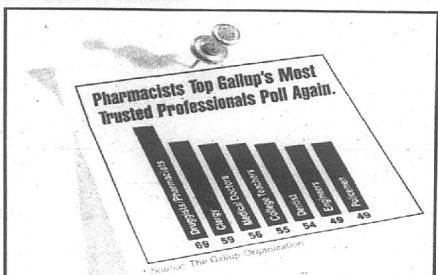
Instead, 61 percent said savings would be their most important income source.

The survey of 772 workers and 229 retirees was conducted by telephone. Participants were selected randomly to represent a cross-section of the U.S. population.

There is a margin of error of plus or minus 4 percentage points for the workers and 6 percentage points for the retirees.

— Associated Press

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Community News

Trip to Steelville scheduled

The Granite City Park District will sponsor a one-day trip to historic Steelville, Mo., for a music show at the Meramec Music Theatre Aug. 7.

Forty-six tickets are available and are on sale at the Wilson Park Ice Rink. The cost of the trip is \$39 per person and includes motorcoach transportation, lunch and the show, which features country, gospel, pop, golden oldies, bluegrass music and comedy. The program is advertised as having "all the fun of a Branson show without the traffic."

The motorcoach will leave the Wilson Park Ice Rink at

8:30 a.m. on the day of the trip and arrive in Cuba, Mo., in time for lunch at the Come and Get It Buffet. The menu will consist of several meats, many vegetables and salads, dessert and drink.

After lunch, the group will travel to Steelville, where there should be time for browsing the antique and specialty shops before the two-hour show. En route home, a stop will be made at either a fast-food restaurant or an ice cream specialty store.

The arrival back at Wilson Park should be approximately 8 p.m.

Anyone needing to be picked

up will be able to make a phone call from the coach on the way home to verify the time of arrival for the party meeting them.

As always, Granite City Park District residents have priority for the trip; proof of residency must be presented for each person at the time of registration, with non-residents being placed on a waiting list and notified one week later of any availability. One person can sign up for four people.

For more information contact Sue Champion at 451-1212 or the Wilson Park Office at 877-3059.

Area residents attend convention

Ladies Auxiliary Veterans of Foreign Wars District 14 President Mary Hartenberger, of Chester, returned home from the Illinois Ladies Auxiliary VFW 75th annual convention, held in Springfield, bearing many certificates of appreciation and awards to the presented to District 14 Auxiliaries at the first meeting

of the 1999-2000 year. Highlights of the gathering were the Veterans memorial service at which a record 3,666 members were remembered (the Auxiliary honored 863 members); a rousing "Patriotic Rally" centering around the observance of the Veterans of Foreign Wars 100th anniversary, set up by Past

Department Commander Russell Riecke, of Highland, hospitalizing room, and the usual meetings, elections and installations of new officers. Incoming top Illinois officers are President Linda Lorenz of Batavia; Sr. Vice President Rita Frank, Belvidere; Jr. Vice President Mary Ann Coffee, Collinsville; Treasurer Doris Hays, Bradley; Chaplain Sharon Prokudski, Chicago; Conductress Cheryl Michel, Rock Island; Guard Patricia Martyn, Chicago; and National Council member Colette Nurni.

Appointees from District 14 are publicity chairman Mary Lee, Trenton; assistant hospital chairman and deputy VA chairman at John Cochran VA Hospital, Rita Wilhelm, Fairview Heights; deputy Chief of view Heights; deputy Chief of Staff, Carol Blue, Belleville; VA representative at Jefferson Barracks VA Hospital, Jean Beasley, Duplo; and deputy VA representative at Jefferson Barracks, Alice Lynch, Duplo.

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GRANITE CITY COMMUNITY BAND rehearsals are 7:30 to 9 p.m. Thursday at St. John United Church of Christ, 2901 Nameski Road, Granite City. For information, call 931-0443.

JOLLY QUILTERS meet from 9 a.m. to 2 p.m. Thursday at the Social Center, 906 Thorngate Drive in Mitchell.

MADISON COMMUNITY ACTION GROUP meets at 7 p.m. Wednesday. For more information call Dan at 452-2336 or Diane at 876-1360.

TOPS 2363 6:30 p.m. every Thursday at Anchorage Recreation Center, 2909 Edwards St. For more information call Bobbie at 452-0273.

Bi-monthly

COLLINSVILLE AREA CAMERA CLUB meets at 7 p.m. Tuesday at the Collinsville Area Recreation District office, 10 Gateway Drive, Eastport Plaza in Collinsville. For more information, call Doris Pearson at 345-4106.

Monthly

BURT — BUBBLEMASTERS UNDER-WATER RESCUE TEAM meets at 7 p.m. the third Wednesday of each month at 4964 Old Alton Road next to the Mitchell Fire

Protection Department. Tours are available by appointment, 931-8317 or write to the above address.

BUSINESS AND PROFESSIONAL WOMEN OF GRANITE CITY meets Wednesday at Jerry's Cafeteria. Dinner at 6:30 p.m., followed by a program at 7:15. Open to the public. For more information call 452-5391 or 451-9914.

CHOUTEAU TOWNSHIP SENIOR CITIZENS meet Thursday at the Social Center, 906 Thorngate Drive, Mitchell. Potluck begins at 6 p.m.

THE METRO EAST HOME CHILD CARE ASSOCIATION meets from 7-9 p.m. Thursday at Our Lord's Lutheran Church in Maryville, Illinois 159 at Interstate 55/70. Parents, licensed and unlicensed child care providers are welcome.

For more information, call Marilyn Glaser at 656-0144, Phyllis Bishop at 667-2427 or Carol Henschen at 488-7566.

NOON NETWORKING FOR WOMEN meets from noon to 1 p.m. Wednesday at the Fairview Heights Ramada Inn to exchange business cards, share ideas and make contacts. Lunch is \$10. There are no annual dues. Each month a volunteer participant of the networking group speaks about her business. For meal reservations or to be placed on the mailing list, please call Marianne Drainer at 344-1156.

PARENTS WITHOUT PARTNERS, Madison County Chapter 168, meets the fourth Thursday of each month at Nameski United Methodist Church, 1900 Pontoon Road in Granite City. For more information, call Everett Sprous at 931-0157.

Miscellaneous

THE MIDWESTERN UNITED STATES IMPERIAL DANCE CLUB has regular dance meetings twice each month starting at 8 p.m. at the American Legion Hall in Collinsville. The public is invited for dance lessons and open dancing at a cost of \$4 for non-members and \$2 for members. For more information, call 463-2405.

THE SINGLES CONNECTION has scheduled the following activities:
Wednesday — The planning meeting and reception for prospective members will start at 7 p.m. at Imo's in Edwardsville. Call Laura H. at 667-8008 for more information.

more information.

Thursday — Meet at 6:30 p.m. at P.K.'s Restaurant, 202 S. Buchanan (Route 159, in Edwardsville, and then go to the concert at the park. Please RSVP by July 20 to Bev. L. at 344-4691.

URBAN LEAGUE of Madison County offers the following programs at the UL Health Care Services, 500 Madison Avenue in Madison. For more information, call 452-5394.

Family planning services from 9 a.m. to 4:30 p.m. every Tuesday and Thursday.
Screening and treatment for sexually transmitted diseases from 9 a.m. to 4:30 p.m. every Wednesday.

Support groups

Weekly

AL-ANON meets at 7 p.m. every Thursday at St. Elizabeth Medical Center, 2100 Madison Ave., in the Kettler Center Day Care Room C. Call 463-2429.

AL-ANON ADULT CHILDREN meets at 7 p.m. Wednesday at St. Elizabeth Medical Center, 2100 Madison Ave., in the Kettler Center Conference Room A. Call 463-2429 for more information.

ALCOHOLICS ANONYMOUS meets at 11 a.m. and 8 p.m. Wednesday at 2116 Edison, Granite City. Call (800) 307-6600 for more information.

ALCOHOLICS ANONYMOUS meets at 11 a.m. and 8 p.m. Thursday, and noon and 8 p.m. Friday at 2116 Edison, Granite City. Call (800) 307-6600 for more information.

ALCOHOLICS ANONYMOUS meets at 8 p.m. Thursday, at Mitchell Presbyterian Church, East Chain of Rocks Road and Greenway Drive. Call (800) 307-6600 for more information.

ALCOHOLICS ANONYMOUS meets at 8 p.m. Saturday at 1:30 and 8 p.m. 2116 Edison, Granite City. Call (800) 307-6600 for more information.

ALZHEIMER'S SUPPORT GROUP at Eden Village Nursing Home in Edwardsville meets at 7 p.m. Thursday. There is no fee or reservations required.

CATHOLIC CHARITIES offers individual, marriage and family counseling Thursdays at Our Lord's Lutheran Church, 150 Wilma Drive, Collinsville. To schedule an appointment, call 344-8049.

DEPRESSIVE, MANIC DEPRESSIVE ASSOCIATION OF MADISON COUNTY meets from 1 to 3 p.m. Friday, at St. Elizabeth Medical Center in the Milonski Room located in the basement. For more information call the DMDA office at (314) 776-3969.

DIVORCED AND SEPARATED SUPPORT GROUP, sponsored by the Eden United Church of Christ and Hayinton Youth and Family Services, Family Care Program in Edwardsville, meets at 7 p.m. Wednesday. All divorced or separated persons are welcome. Please call 656-8268 Monday through Friday, from 9 a.m. to 4:30 p.m. for more information. There is no fee but donations are accepted.

PULMONARY SUPPORT GROUP, for persons with diagnosed lung condition meets at 11 a.m. Wednesday in 4-Doctors Solarium at St. Elizabeth Medical Center. For more information, call 798-3019.

RECOVERING FROM THE LOSSES OF LIFE meets at 7 p.m. Wednesday at the First Baptist Church of Maryville, 2184 Vagabond Drive, behind Anderson Hospital. The group provides encouragement and practical guidance for anyone who has lost a loved one through death or who has experienced other profound losses.

STEMSS (Support Together for Emotional and Mental Serenity and Sobriety), a support group for people with a mental illness and an alcohol or substance abuse problem, meets at 1:30 p.m. Friday at Pascal Hall in St. Elizabeth Medical Center. Call 798-3604 for more information.

Monthly

ARTHRITIS SUPPORT GROUP meets at 7 p.m. Monday in the Alton Memorial Hospital cafeteria, Room B.

CHS reunion set

Collinsville High School Class of 1949 will hold its 50th year class reunion Sept. 17 at Sunset Hills Country Club in Edwardsville. The following members have not yet been located: Robert Powell, Kenneth Jaeger, Art Wood, Ruth Wilson, Curtis, Marilyn Holt, Giggis, Doris Whitlock, Oliver, Marilyn Clausen, Catrell, Dot, Speelman, Carson, Sara Chapman, Bouse, Georgia Glockengieser, Zollman and Shirley Bosomworth, Schultz. Those having any information on these classmates, please call 344-7495.

Miscellaneous

ALTERNATIVES COUNSELING offers a supportive and educational group to the woman whose husband or romantic partner has sexually abused her child. For more information, contact Donya L. Adkerson, M.A., at 656-5104.

NARCOTICS ANONYMOUS meets in the area at the following times and locations:

Thursday — Building a Foundation starts at 8 p.m. at SEMC in the Milonski Room.
Friday — Friday Night Group meets at 7 p.m. at SEMC, Kettler Center A.
Saturday — Acceptance starts at 8 p.m. in Pascal Hall at SEMC.

Bi-monthly

HEREDITARY ATAXIA SUPPORT GROUP meets the second and fourth Friday of each month. Hereditary Ataxia is a disorder of nerve cells in the spinal cord and cerebellum. For more information about the group, call Curt Williams at 374-1172.

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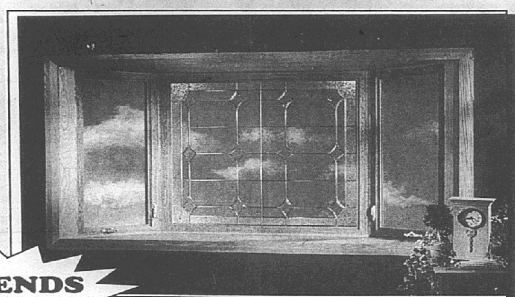
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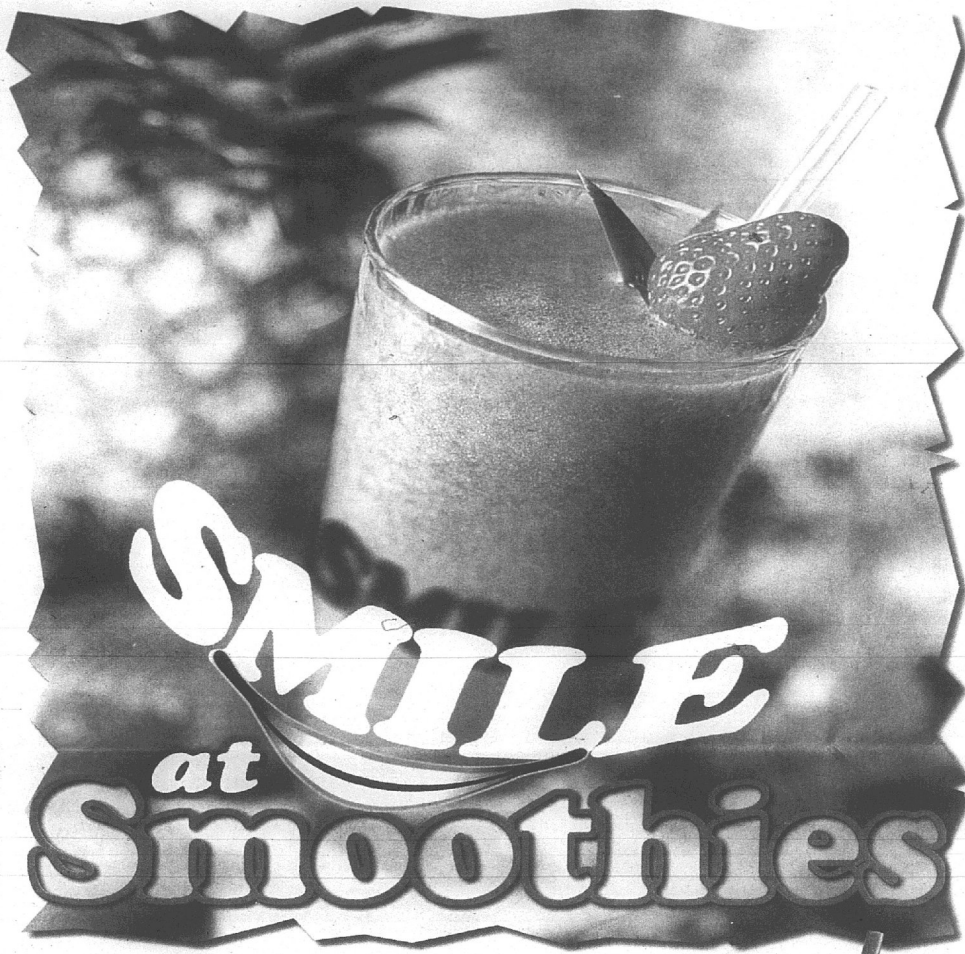
Today's Food

www.yourjournal.com



Micro Waves
Zucchini parades
through back yard

See Page 2



Sippable drinks shake up cool promise

By Janice Denham
Staff writer

The pursuit of a cool drink with the reward of refreshment leads directly to inviting-sounding smoothies. It's time to give one a whirl.

It's a simple premise. A smoothie usually starts with fruit or juice, has enough liquid to quench thirst, gets frothy richness from a dairy or similar product, then gets a quick chill from ice.

Variations are exotic, simple, old-fashioned and newfangled. If

frozen yogurt or ice cream is your passion, use it. If melon satisfies your summer thirst better than other fruits, add it.

If green tea is what you drink, by all means add it to the cocktail. If your goal is to use soy milk or tofu, wheat germ or a protein supplement often, combine that with the other ingredients, too. If power drinks using eggs used to be part of your regimen, use a yolk-free egg product.

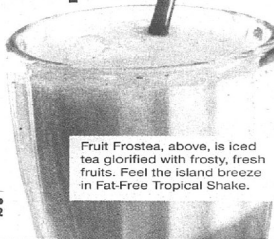
A smoothie is a direct descendant of a "shake," but usually is icier and thinner.

Sometimes it is hard to tell the difference.

Many combinations mix well with a firm stir, but using a blender or food processor makes them frothy, instead of flat, when a light liquid is used. Unless otherwise directed, drink them immediately after they are mixed.

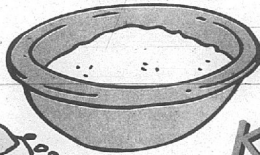
These recipes come from many sources: Lipton Tea Co., (888) 547-8668 for more

See SMOOTHIES Inside
TODAY'S FOOD Page 2



Fruit Frostea, above, is iced tea glorified with frosty, fresh fruits. Feel the island breeze in Fat-Free Tropical Shake.

Play with Food



Kids' Cuisine

It's twice the fun to play with food that is edible.

Combine 1 jar (18 ounces) reduced-fat peanut butter, 6 tablespoons honey and enough dry milk powder, adding a little at a time, to make dough feel like cookie dough.

Knead dough until thoroughly mixed. Place in freezer 20 minutes until firm.

Remove from freezer and form fun objects or use cookie cutters to form shapes. Decorate with raisins, nuts and pieces of vegetables or fruits.

Take a bite of edible stars, boats or shapes from the peanut butter dough.

Food & Nutrition

Wise Ways

Youthful candidates for diabetes usually are obese and don't get much exercise.
INSIDE

Heart-y Bites

Potassium-rich summer fruits replace bananas for a change.
INSIDE

Blue Ribbon Cook

Winner spices up avocado and corn in savory dip.
INSIDE

Test Run

Icy pops refresh while painlessly offering a vitamin.
INSIDE

Lively Taste

Flavorful seafood demands equal intensity from a sauce. Mix together 1 cup reduced-sodium soy sauce, 1/4 cup rice wine vinegar, 6 cloves garlic (minced), 2 tablespoons minced ginger root, 2 tablespoons toasted sesame oil, 3 tablespoons sugar and 1/2 teaspoon crushed red pepper. Pour warm sauce over grilled red snapper served on warm plates. If desired, use deboned whole red snapper stuffed with whole chives and spread with a light layer of oil before grilling.

Health & Fitness

Medicine Chest

When the sun shines, use of sunscreen seems obvious. However, skin also should be protected with appropriate sunscreen on shady days, when ultraviolet rays of the sun can harm the skin. The higher the SPF number on sunscreen, the greater protection the lotion offers. It should be reapplied after getting wet or extreme sweating.

Fresh Picks

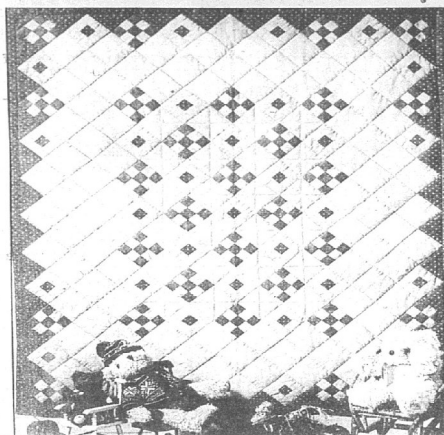
Good tomatoes become better and taste best this time of year. Core and slice 1-1/2 pounds firm, ripe tomatoes 1/2-inch thick. Dip slices in shallow bowl with 1/4 cup milk, then in pie plate with combined 1/2 cup unseasoned dry bread crumbs, 1 tablespoon finely chopped green onion, 1 teaspoon salt and 1 teaspoon chili powder until coated, shaking off excess. In large nonstick skillet, cook tomato slices, a few at a time, in 1 tablespoon olive oil 2 to 4 minutes on each side. Add 1 tablespoon additional oil as needed.

Big Fat Tip

Traveling is fun, so make it tasty without shooting a healthy eating routine dead in the skim milk. The key is balance. Have course, balance food intake over several days and fit fitness activities into the schedule often. Faced with a buffet? No matter the hour, turn it into a sampler meal and balance with light meals the rest of the day. Splurging on pizza? Get up and walk the next morning. Need a snack for nibbling by the small handful? Make trail mix with lots of high-fiber cereal and dried fruit.

Future Shop

Chefs who appear on KETC Channel 9 are standing by to doff their toques to local viewers. The station wants quick and easy recipes for a side dish, appetizer, main course or dessert to use in "Dine With 9: St. Louisans' Favorite Quick and Easy Recipes" TV talents like Julia Child, Jacques Pepin, Nathalie Dupree and Martin Yan will meet their match in 10 non-professional, local cooks appearing live during KETC's summer membership drive breaks from 1 to 3 p.m. Aug. 7. Channel 9 must receive the recipes by Friday, July 23. Dave Owens, executive chef and co-owner of Cardwell's on the Plaza, will select the winners and appear with them. Viewers who make a membership pledge of \$40 will receive a collection of submitted recipes as a thank-you gift. Recipes can be e-mailed to letters@ketc.com or sent to: Dine With 9, KETC/Channel 9, 3655 Olive St., St. Louis, 63108.



Grandma would be astounded at modern production of pieced quilts today.

Modern quilting trades thimble for home device

Despite popular notions of the "good ol' days," few people would trade a car for a buggy, a washing machine for a wash board or a kitchen full of modern appliances for a wood-burning stove. While grandma's day may seem kinder and gentler, it is undeniable there was a lot of good old-fashioned hard work involved.

People who enjoy sewing already know how a sewing machine makes things time with a needle and thread. Now there is a way to use that same sewing machine to create beautiful-quality quilts in a fraction of the time it used to take dear grandmother.

A new, 32-page guidebook, "Learn to Machine Quilt in Just One Week-end," includes everything you need to know to get started. The book features comprehensive step-by-step instructions that cover everything from selecting tools and materials and organizing space to finishing the quilt.

As a bonus, two beginner-level quilt designs — Country Crib Quilt, plus Wedding or Anniversary Quilt — complete with full-size stitching patterns, make it easy to practice these new, timesaving skills.

The "Learn to Machine Quilt in Just One Week-end" guidebook, No. AN4186, is \$9.95. Ten other quick and lovely quilt designs are in a 44-page guidebook, "Quilts in a Hurry," No. AN4132, for \$10.95. Prices include postage, handling and delivery in three to four weeks. For delivery in seven to 10 days, add \$1 per item up to \$3 maximum.

To order by mail, send this article with a check or money order to: U-Bild Features, c/o Suburban Journals of Greater St. Louis, P.O. Box 2363, Van Nuys, Calif. 91409. To order by credit card, call toll-free 1-800-828-2453. U-Bild's web site is www.u-bild.com.

Smoothies

Continued from page 1.

recipes: "Natural Estrogen Diet" by Dr. Luan Liew (Hunter House Publishers, \$13.95); St. Louis District Dairy Council and National Dairy Council, toll-free 1-800-WHYMILK or www.familyfoodzone.com for more recipes; Egg Beaters; RealEmon; and Borden's.

Straws are handy, but optional, to use with smoothies.

FRUIT FROSTEA

In teapot, pour 1 cup boiling water over 3 regular or 1 family-size tea bag. Brew, covered, 5 minutes. Remove tea bags. Cool slightly.

In blender, combine tea, 1/4 cup sugar or honey, 2 cups cut-up fresh pineapple or 1 pint strawberries, hulled, and 1 banana, cut in chunks. Add 3 cups ice cubes (18 to 24), one at a time. Process until frosty. Makes five (1-cup) servings.

CARIBBEAN COOLER

On baking sheet, freeze 1 jar (26 ounces) sliced mango, drained and coarsely chopped, until firm.

Process mango, 1 can (10 ounces) frozen pina colada mix, thawed; 1 can (12 ounces) ginger ale, chilled, and 1/3 cup reconstituted lemon juice in blender until

smooth, stopping to scrape down sides. Makes 5 cups.

APPLE PIE IN A GLASS

In glass with lid, shake 3/4 cup nonfat milk, 1-1/2 tablespoons frozen apple juice concentrate, 1/4 cup fat-free vanilla frozen yogurt and 1/8 teaspoon cinnamon until well blended.

Makes 1 serving with 106 calories and no fat.

CARIBBEAN TEA SPLASH

In medium saucepan, bring 4 cups water to boil. Remove from heat and add 4 tea bags. Brew, covered, 5 minutes. Remove tea bags. Chill tea.

In blender, in two batches, process chilled tea, 1 cup pineapple juice, 1/2 cup cream of coconut and 1 cup ice cubes (6 to 8) until smooth.

Makes six (1-cup) servings.

PEACH SHAKE

Process 1 cup diced fresh peaches, 1/4 cup honey, 1/2 teaspoon vanilla, 1-1/2 cups milk, and 1 pint vanilla or peach ice cream, softened, in blender until smooth.

Serve in tall, chilled glasses. Garnish with dash of ground nutmeg. Makes 4 servings.

Today's Food

Zucchini grows to rule backyard

Untended, this easy, prolific squash can build garden empire

By Sandra Hounson
Correspondent

Vegetables and fruits are approaching the peak of their season. While most

MICRO-RAVES

fruits and vegetables are available year-round, they somehow always taste better in the summer.

In spite of war stories about prolific zucchini building empires in back yards, it remains a popular vegetable for the home garden.

Zucchini belongs to the group of soft-shelled varieties of squash commonly called summer squash. Its brothers and sisters include yellow crookneck and the disk-shaped pattypan or scallop squash.

Leaving zucchini on the vine too long is the mistake that lets zucchini become generals of their backyard domain. Pick or choose small young squash

that are firm, well-shaped, glossy and heavy for their size. Avoid squash with hard or dull rinds. Store in a vegetable crisper and use within one or two days.

Since summer squash in season is very tender, it needs no peeling before cooking. Wash and cut off ends. It can be sliced, diced or cut lengthwise in half.

Zucchini cooks in a minimum of time. Overcooking results in a mushy vegetable. Steamed in a microwave oven, it retains a bright green color and can be cooked at the last minute before serving.

Slice 4 to 6 small zucchini crosswise. Place in a 2-quart microwave-safe casserole. Add 1/4 cup water. Microwave on high power 2 minutes. Stir and microwave 2 to 3 minutes longer until tender. Drain. Sprinkle with grated parmesan cheese. Heat on high power 1 minute.

Serve immediately.

For that lazy, late-morning brunch on a weekend, stuffed zucchini

is a welcome change.

Home economist Sandra Hounson specializes in microwave cooking.

EGG-STUFFED ZUCCHINI

4 medium zucchini (about 1-1/2 lb.)

1/4 cup water

1 large tomato, chopped

2 tbsp. butter or margarine

3 eggs, beaten

1/4 tsp. salt

Pinch pepper

1/2 cup (2 oz.) shredded cheddar cheese

Wash zucchini, cut off stem end and slice lengthwise in half. Place in glass baking dish. Pour water into dish. Cover tightly with plastic wrap. Microwave on high power 2 to 3 minutes until tender.

Carefully remove plastic wrap and drain. Scoop out and reserve pulp.

In 2-quart casserole, microwave butter or margarine 30 to 45 seconds until melted. Add zucchini pulp and chopped tomato. Microwave on high power 2 minutes, stirring after 1 minute.

Add eggs, salt and pepper. Microwave on high power 2 to 3 minutes until soft-set, stirring after each minute.

Spoon mixture into zucchini shells in glass baking dish. Sprinkle with cheese. Microwave on high power 1 minute until cheese is melted. Makes 4 servings.

Summer fruits overflow with potassium

By Kathleen Obert
Correspondent

Potassium is a buzzword today for all ages. Coaches urge their

HEARTY BITES

sports charges to get enough, doctors nudge patients taking

diuretics to eat potassium-rich foods. A daily source of potassium is important because the body is not highly efficient in conserving and reabsorbing it.

Potassium has many functions. It is a major player in regulating fluid balance, maintaining the normal acid-base balance in the body and in transmission of nerve impulses. Potassium acts with magnesium to relax muscles, a function that contrasts with calcium, which stimulates muscular contraction.

Potassium also received prominent attention in the DASH (Dietary Approaches to Stop Hypertension) diet.

DASH uses foods that are low in saturated fat, total fat and cholesterol and rich in potassium, magnesium, calcium, protein and fiber to reduce blood pressure. High blood pressure is a risk factor for coronary heart disease, stroke and kidney disease.

During two to three hours of hard exercise, competitive athletes lose 300 to 800 milligrams of potassium in their sweat. Its replacement is found in eating potassium-rich foods,

because sports drinks are not rich in the mineral.

Because some diuretics increase the excretion of potassium by the kidneys, doctors often suggest a delicious and easy way their patients replace it: Eat a banana a day.

One medium (8-inch) banana provides about 410 milligrams of potassium, a significant source of potassium. Since bananas can be a winter fruit, a significant alternative summer fruits are a good source, too. One cup of cut-up cantaloupe, honeydew melon, peaches, nectarines or strawberries ranks high on the list of fruits providing significant potassium.

Potassium-rich vegetables include leafy greens, potatoes, sweet potatoes and broccoli. Potassium is significantly higher in potatoes and sweet potatoes baked before peeling.

Fat-free and low-fat milk and yogurt are other potassium-rich foods. Oranges and orange juice, prunes, raisins and apricots supply significant potassium.

Potassium-rich granola can be a breakfast cereal or a cold dessert. For a burst of the mineral, slice cantaloupe and layer it with vanilla low-fat yogurt and Wholesome Granola.

Registered dietitian Kathleen Obert is a member of the nutrition committee of the American Heart Association, Greater St. Louis Division.

WHOLESOME GRANOLA

2-1/2 cups old-fashioned oats (uncooked)

1 cup wheat bran flake cereal

1/2 cup toasted wheat germ

1/3 cup slivered almonds

1/4 tsp. salt

1 can (12 oz.) frozen apple juice concentrate, thawed

1/4 cup packed brown sugar

2 tbsp. canola oil

1 cup golden raisins

1/2 cup chopped dates

1/2 cup chopped dried apricot

Preheat oven to 300 degrees.

Coat 13-by-9-inch baking pan with nonstick cooking spray.

In large bowl, combine oats, bran cereal, wheat germ, almonds and salt.

In small bowl, stir together juice concentrate, brown sugar and oil.

Mix thoroughly with oats mixture. Turn into prepared pan.

Bake in preheated oven, stirring occasionally, 45 minutes or until golden brown. Stir in raisins, dates and apricots. Bake 5 minutes longer. Cool.

Store in airtight container in cool, dry place up to 2 weeks.

Makes sixteen (1/2-cup) servings; 208 calories, 4 g protein, 41 g carbohydrate, 5 g fat (0.5 g saturated fat), no cholesterol, 404 mg potassium and 65 mg sodium each.

Serve over ice cubes in tall glasses. Makes 4 servings.

ORANGE-BANANA SMOOTHIE

Process 1 can (14 ounces) sweetened condensed (not evaporated) milk, 1 cup cold water, 1 can (6 ounces) frozen orange juice concentrate (thawed), 1/4 cup reconstituted lemon juice and 1 banana, cut up, in blender until well mixed. Gradually add 2 cups (about 15) ice cubes, blending until smooth. Makes about five (1-cup) servings.

FAT-FREE TROPICAL SHAKE

Process 1 cup yolk-free egg product, 1 cup cold skim milk, 1 small banana, cut in chunks, and 1 small mango (or papaya or pineapple), peeled, cut in chunks (about 1 cup) in blender 1 minute or until smooth. Makes four (1-cup) servings; 98 calories, 133 mg sodium, no fat and 1 g dietary fiber each.

BUTTERMILK COOLER

Process 4 cups buttermilk, juice of 1 lemon, juice of 2 oranges and 2 tablespoons honey in blender or food processor (or shake well in covered container) until smooth.

MINTY CHOCOLATE MILK COOLER

In glass with lid, shake 1 cup cold nonfat milk, 3 tablespoons chocolate syrup, 3 drops mint or peppermint extract and 1/2 cup crushed ice until well blended. Makes 1 serving with 240 calories and 1 g fat.

CANTALOUPE SOY MILK SHAKE

Process 8 ounces cantaloupe, peeled and diced; 1 tablespoon plus 1 teaspoon dark honey; scant 1/2 cup fresh soy milk and 7 ounces silken tofu in blender or food processor 1 minute. Chill before serving. Makes about 3-1/4 cups.

CHOCOLATE AND PEANUT BUTTER CUP SMOOTHIE

Process 1-1/2 cups low-fat chocolate milk, 2 tablespoons creamy peanut butter and 1/2 cup fat-free or low-fat chocolate frozen yogurt in blender until smooth. Makes 2 servings; 275 calories, 10 g fat and 275 mg calcium each.

Today's Food

July 21, 1999—Granite City Journal—Page 3C

Push up, bite off, dip, sip and slurp icy-sweet treat for a real healthy summer time diet

An icy reward on a hot day is better when it has

vitamin C in it. Although it would seem

the tip-off for vitamin enrichment would be a bar

with fruit juice, not all juice bars are created

equal. Frozen, desserts from three different manufacturers were tested as

samples from their lines of treats with extra vitamin C.

Blue Bunny Sweet Freedom fruit juice lites in

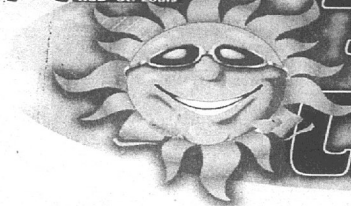
strawberry, grape and

raspberry (twelve 1.75-ounce bars for \$3.39), Lemon Chill (four 8-ounce cups for \$2.99), and Icee squeeze tubes in cherry and blue raspberry (six 3-ounce tubes for \$2.55) were tasted. All products were priced at Dierbergs.

Each Lemon Chill and Icee squeeze tube contains 100 percent of the daily value of vitamin C set for optimum health and the fruit juice lites contain 50 percent of the daily value.

Lemon Chill received positive responses reflecting one of its package claims to be "zingy-cool."

Mix 93.7
KSD St. Louis



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KSD St. Louis

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HOW TO PLAY: Clip out this entry blank and mail it to Mix 93.7, 1910 Pine St., St. Louis, MO 63103. Then from Memorial Day to Labor Day, we will select one winner per day for the Summer Survival Kits. Listen every weekday to Mix 93.7 to hear your name. Winners are chosen at random 3-4 days before on-air announcements. Every Last Summer of the Century winner is qualified for the Grand Prize: A Buick Century from Sinclair Buick! No purchase necessary to win. Sorry - no photo copies of entry form allowed. One entry per person. One winner per household. Winner must be 18 years of age or older. Winners must wait at least 24 hours from the time they won to pick up their prize. Entries must be received by August 31, 1999. Winner is responsible for all taxes. Complete rules available at the offices of Mix 93.7.

Mix 93.7
KSD St. Louis

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You Could Be Next! See our ad in today's Classified Section. \$500

1999-2000 Bridal Planner

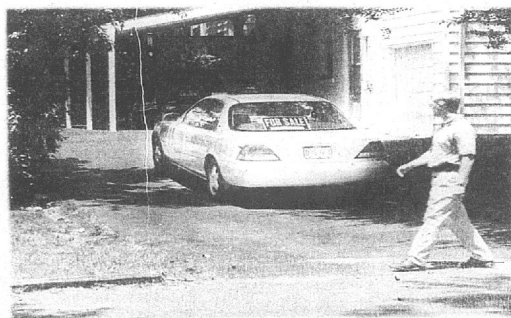
A guide for planning a perfect wedding

The Suburban Journals Bridal Planner will include information about everything the well-prepared bride or groom needs to know in order to plan a successful wedding. The spiral-bound book will contain bridal businesses, stories, photos, check lists and worksheets to help coordinate a wedding. To receive your free copy of the Bridal Planner simply fill out the form below and take it to your local Suburban Journals office (call 314/921-1110 for the nearest office), or mail it to: Bridal Planner, 1714 Deer Tracks Trail, St. Louis, MO 63131. (For mail in requests please allow 3-6 weeks for delivery.)

☐ Please send me a copy of the Bridal Planner.

Bride's Name: _____
Groom's Name: _____
Street Address: _____
City: _____
State: _____ Zip: _____
Phone: Area Code () _____
Proposed Wedding Date: Month _____ Year _____

Suburban Journals



A Fast Lane deal will get you a lot more attention.

Run your classified ad in 38 newspapers for only \$14.95. Want the vehicle you're selling to draw a crowd? Get a Suburban Journals' Fast Lane classified and your ad, featuring a car, motorcycle, boat, RV or any motorized vehicle, will be delivered to three-million readers in 38 newspapers covering the metro area. That's twice the circulation of any

area newspaper. Plus, with a Fast Lane deal, you'll get three lines for four days - all for just \$14.95. When you're ready to give the vehicle you're selling the attention it deserves, call us today at 966-FAST. The Suburban Journals' Fast Lane deal. It's sell on wheels.

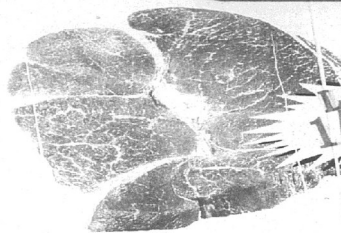
Your local edition! Suburban Journals



Link
We gladly accept
Quest Cards in Missouri
Link Cards in Illinois

FOOD FOR LESS

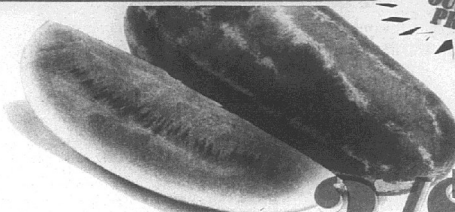
WESTERN UNION | MONEY TRANSFER
The fastest way to send money worldwide



Less Than
1/2 Price

Trim n Tender Full Cut
**Boneless
Round Steak**

1.28
lb.



Whole Large
Red Ripe
Watermelons
Halves or Quarters 18¢/lb.

2/\$5

OUR NAME
SAYS IT!
OUR PRICES
PROVE IT!



9 to 11 oz.
Assorted Varieties
**Banquet
Meals**

88¢



18 oz. Assorted Varieties
**Maull's
BBQ Sauce**

89¢



24-12 oz. cans
Assorted Varieties
Pepsi
6 pack 24 oz. NRB
Pepsi, Lipton, Brisk Tea 2/\$5

4.88



1 Roll
**Hi-Dri
Towels**

2/88¢



8 qt. Assorted Varieties
Sugar Sweet or Sugar Free
**Kool-Aid
Drink Mix**

You Save
\$2.99
Buy 1
Get 1
FREE



4 Roll
**Charmin
Bath Tissue**

89¢

Always Save With Always **SAVE** Products!

200 ft. Always Save Plastic Wrap	1.29	13.25 Variety Pack Always Save Instant Oatmeal	1.39	16 oz. Always Save Cut Green Beans	29¢	32 oz. Always Save Sandwich Spread	1.47	32 oz. Always Save Sandwich Creme Cookies	1.49
4 rolls Always Save Bath Tissue	79¢	20 oz. Always Save Shoestring French Fries	49¢	16 oz. Always Save Frozen Peas	79¢	32 oz. Always Save Strawberry Preserves	1.69	18 oz. Always Save Peanut Butter	1.29

Look for our new
In-Store ad for more
great low price
specials!

MEAT & PRODUCE

GROCERY • DAIRY • FROZEN

Family Pack Tyson Chicken Drumsticks or Thighs	78¢	12 oz. pkg. Farmland Hot Dogs	88¢	Orchard Fresh Nectarines, Apricots or Peaches	68¢	16 oz. Best Choice White Bread	2/\$1	Gallon, 2% Reduced Fat Farmcrest Milk	2.19	12 Pack 12 oz. Cans Coca-Cola	2.49
Today's Cut 3-5 lb. avg. Center Cut Boneless Pork Loin	1.88	2.5 lb. pkg. Assorted Varieties Best Choice Thin Sliced Lunchmeats	98¢	Vine Ripe Arkansas Tomatoes	68¢	6 oz. Water or Oil Best Choice Tuna	2/\$1	1 Dozen Grade A Medium Best Choice Eggs	3.39	2 liter Coke	97¢
Family Pack Center Cut Boneless Pork Chops	2.28	16 oz. roll Assorted Varieties Farmland Sausage	88¢	Washington Extra Fancy Red or Golden Delicious Apples	2/\$1	13 to 14 oz. Honey Nut or Team Cheerios	2/\$4	28 oz. Assorted Varieties Banquet Buffet Suppers	1.69	2 liter bottle Regular Diet or Cherry 7 Up	2/1.19
Trim n Tender Beef Sirloin Tip or Rump Roast	1.98	12-16 oz. pkg. Regular, Maple or Center Cut Decker Bacon	1.78	Michigan Free Blueberries	1.18	175 ct. Kleenex Facial Tissue	79¢	1/2 gallon Assorted Varieties Healthy Choice Low Fat Ice Cream	2/\$6	12-12 oz. cans Regular and Light Busch Beer	6.19



UNIVERSITY CITY
8000 OLIVE STREET
HOURS: MON-SAT 7:00 AM-11:00 PM
SUN 8:00 AM-10:00 PM

JENNINGS
8905 JENNINGS ROAD, RIVER POIDS SHOPPING
CENTER HOURS: MON-SAT 7:00 AM-10:00 PM
SUN 8:00 AM-10:00 PM

MADISON
1127 MADISON AVENUE
HOURS: MON-SAT 8:00 AM-9:00 PM
SUN 8:00 AM-7:00 PM

HIGH RIDGE
2713 HIGH RIDGE BLVD N HWY 30
HOURS: MON-SAT 7:00 AM-9:00 PM
SUN 8:00 AM-9:00 PM

FRANKS ELEVATOR 7-21 29 thru 7-22 29
Wed Thurs Fri Sat Sun Mon Tue
21 22 23 24 25 26 27

* Personal checks only. Excludes all other items. * Food Stamp Wic/Supp. * Manufactures Coupon Wic/Supp. * Western Union Money Orders Available * Visa Reason: The Right to Line Countries and Contact All Printing Errors. * Some Items May Not Be Available At All Locations.

Today's Food

Salsa grabs avocado dip with spice

Kathy Elmore, Ballwin, wins this week's recipe contest for Avocado-Corn Dip. Her prize is dinner certificates at the Pasta House Co.

Full of spicy flavor, this dip wraps salsa and fresh cilantro around the contrasting flavors and textures of corn, onion, red bell pepper, jalapeno pepper and avocados. She serves it with scoop-shaped corn chips.

Entries in the Summer Potato Recipe Contest should be postmarked by July 31 for sharing in food sections during August. Potato recipes should fit the season's style, with suggestions of potato salad, grilled dishes, omelets, appetizers or baked with toppings for a main dish.

Send a single recipe to: Summer Potato Recipe Contest, Suburban Journals, 1714 Deer Tracks Trail, St. Louis 63131. It also can be e-mailed to

westnews@primary.net. Winners will be chosen from entries on the basis of taste and eye appeal, as well as originality, although the recipe need not be original. As usual, the history of the recipe will be considered part of the entry. If possible, name the recipe's source. Type or print the recipe legibly on one side of a sheet of paper. Include name, address and telephone number on the entry. Name the Journal you receive.

AVOCADO-CORN DIP

- 1 can (11 oz.) white shoepeg corn, rinsed, drained
- 3 tbsp. chopped fresh cilantro
- 1 jar (11 oz.) salsa (Paul Newman brand preferred)
- 1/4 cup chopped onion
- 1 tsp. seasoned salt
- 1/4 cup chopped red bell pepper
- 1 jalapeno pepper, seeded, chopped in small pieces
- 2 avocados, peeled, cut in small chunks
- 2 tbsp. lemon juice

Mix together corn, cilantro, salsa, onion, seasoned salt, red pepper and jalapeno pepper. Chill. Just before serving, add avocado and lemon juice. Serve with corn chips, preferably with a scoop shape.

Diabetes moves down age scale to obese youths

By Cynthia Fauser
Correspondent

Type 2 diabetes used to be called "adult-onset diabetes" because it was rarely seen in people less than 40 years old. In the last five years, however, there has been an alarming increase in the incidence of Type 2 diabetes in children.

Most of these youngsters are minority — Hispanic or African-American. Most have diabetic relatives. Nearly all are obese.

As the rate of obesity in young people has increased, Type 2 diabetes also has tripled in the last five years. Obesity does not always lead to diabetes, but it is a key risk factor.

Obesity makes some people less responsive to their body's insulin or unable to produce adequate amounts of insulin. This results in high blood sugar. When diabetes gets an early foothold, complications come early, too. That includes heart attacks to people in their 30s.

What else do these children have in common? They usually eat a lot of high-fat, fast food fare, such as fries and burgers, and few fruits, vegetables and whole grains. This calorie-dense way of eating, combined with an increasingly inactive lifestyle, leads to weight gain.

Parents can do their kids a big favor by slowing down their own and the family's pace a little.

Make time for some regular meals at home and include plenty of fruits and vegetables at those meals. This helps balance out meals on the run that are typically higher in fat.

Meal-skipping is not a good habit. Registered dietician Cynthia Fauser is nutrition specialist with University Extension (University of Missouri system) in St. Louis County.

Get A Grip on Arthritis.

We're close-to-home. After all, when you are trying to get a grip on arthritis, you need something to hold onto.

For the past 14 years, the professionals at the Arthritis Service of Southern Illinois - Memorial have helped people get a grip on their arthritis pain. This outpatient diagnostic clinic has helped many residents from throughout Southwest Illinois who suffer from musculoskeletal and joint problems. Your visit to the Arthritis Service includes an examination by an orthopedic surgeon and an internist. It also may include examination or consultation by other healthcare professionals. X-rays and lab tests may be ordered as well. Fees are charged according to services received.

DATE:
Friday, August 6, 1999

Examinations are by appointment only. Physician referral is not required. For an appointment or more information, call Memorial's Physical Therapy Department at 257-5250.

Donald I. Serot, M.D.
Orthopedic Surgeon
Co-director, Arthritis Service

Judith Wuller, M.D.
Internist
Co-director, Arthritis Service

MEMORIAL HOSPITAL
4500 Memorial Drive
Belleville, Illinois 62226



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1511 Johnson Rd. • Granite City

OPEN 7 DAYS A WEEK

Daily "Carry-Out Only" Combinations

- D-1 Shrimp with Broccoli
- D-2 Shrimp with Vegetables
- D-3 *Hunan Beef
- D-4 Beef with Vegetables
- D-5 Beef with Broccoli
- D-6 Chicken with Cashew nuts

- D-7 Chicken with Broccoli
- D-8 Chicken with Vegetables
- D-9 Chicken with Lemon Sauce
- D-10 *Hunan Chicken
- D-11 Moo Goo Gai Pan
- D-12 Sweet and Sour Chicken

- D-13 Sweet and Sour Pork
- D-14 *Hot Braised Chicken
- D-15 *Hot Braised Pork
- D-16 Special Combo Fried Rice
- D-17 Fried Rice of Your Choice (Rice, Pork, Beef, Chicken, Shrimp)

FREE SODA & DELIVERY WITHIN 2 MILE RADIUS
*HOT AND SPICY • We alter spice according to your taste.

ONLY \$3.95

USA CHINA BUFFET
15% Off

Must show Coupon
Linked On The Granite City Journals
HOURS:
SUN-THURS 11AM-9PM
FRI-SAT 11AM-10PM

ALL YOU CAN EAT
LUNCH BUFFET \$4.95
DINNER AND SUNDAY BUFFET \$6.95

WEEKEND *SPECIAL*
SEAFOOD SPECIAL

FREQUENT DINER'S DISCOUNT CARD
ONLY \$5.00
10% DISCOUNT
On Your Food & Beverage (Not On Tax or Gratuity)

876-4009

*Senior Citizens & Children's Discounts
WE ACCEPT ALL MAJOR CREDIT CARDS BUT NO CHECKS!



Bob Costas
Produced by Bruce Kornblum



Jack Buck



Charlie Spoonhour



Ray Hartmann

The EVENING SPECIALS on KMOX

Even if you're not a regular listener, you don't want to miss these radio shows!

Bob Costas Tuesday, July 27
Ray Hartmann Wednesday, July 28
Jack Buck & Charlie Spoonhour Thursday, July 29
Bob Costas Thursday, August 12

Shows air 8-10pm when KMOX does not broadcast play-by-play sports.



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News/Talk 1120
The Voice Of St. Louis®

Underwritten by:

Budweiser

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SAT 8AM-6PM
SUN 11AM-4PM

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WELFARE
THE ILLINOIS LINK CARD

GOOD 7/21/99 thru 7/28/99

GROUND BEEF IN 10 LBS PACKAGES 89¢ LESS THAN IN 10 LBS 99¢/LB	USDA CHOICE ROUND ROAST \$1.59 LB BONELESS \$1.89 LB
CHOPPED SIRLOIN PATTIES IN 5 LBS PACKAGES \$1.00 LB.	USDA CHOICE RUMP ROAST \$2.59 LB. Pikes Peak Roast..... \$1.98 LB
GRADE A FRESH FRYER BREASTS OR WINGS 99¢ LB. 10 LB LIMIT	USDA CHOICE LONDON BROIL \$2.00 LB. PORK CUTLET or BEEF CUBE STEAK \$1.00 EACH
DELI SALE LAND O' LAKES AMERICAN CHEESE \$2.98 LAND O' LAKES HOT PEPPER OR SWISS \$4.98 BOILED HAM \$2.98 HUNTER BOLOGNA \$1.98	41# FREEZER SPECIAL \$64.95 Average \$1.58 Per Pound 5 lbs. QUARTER LOIN CHOPS 4 lbs. SIRLOIN STEAK 5 lbs. BEEF ROAST (Arm or Chuck) 10 lbs. GROUND BEEF (1-2 lb pks) 4 lbs. PORK STEAK 5 lbs. BULK or 2 lbs. LINK SAUSAGE (Plain, Garlic or Italian) 2 lbs. BACON 6 lbs. FRYERS (cut up)
Center Cut PORK STEAKS \$1.49 LB. Family Pack ... \$1.19 LB	

4 Roll
armin
issue
9c
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ve
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149
ve
129
COZEN
12 Pack 12 oz. Cans
Assorted Varieties
Coca-Cola
249
2 liter bottle Regular
Diet or Cherry
7 Up
12/119
Regular and Light
Busch Beer
619
3.25 oz. Assorted Varieties
Potato Chips
2395
Sat Sun Mon Tue
31 30 29 28

Shop 'n Save® TOTAL VALUE

The Best - For Less!



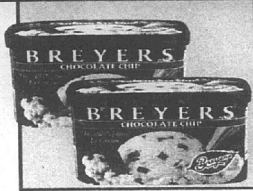
ASSORTED VARIETIES
Weight Watchers
Smart Ones Entrees

3/495
5.56-11 OZ.



FAT FREE
Shop 'n Save
Skim Milk

199
GALLON



ASSORTED FLAVORS
Breyer's
Ice Cream

2/588
1/2 GALLON



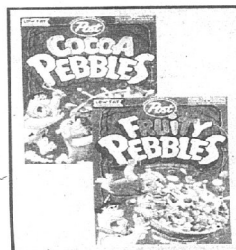
ASSORTED VARIETIES
Hunt's
Spaghetti Sauce

3/295
25.75-26.5 OZ.



Bi-Rite
Paper Towels

199
6 ROLL



13-oz. Cocoa or Fruity Pebbles,
18 oz. Super Golden Crisp or 16-oz. Honey
Bunches of Oats Original or With Almonds

2/399
Post Cereals

Absopure
Spring Water.....**99¢**
1.29 OZ.



ASSORTED VARIETIES
Ore Ida
French Fries
or Tator Puffs

3/\$5
20-32 OZ.

Wildfire
Charcoal.....**399**
30 LB. BAG

ASSORTED VARIETIES
Tostitos
Tortilla Chips

2/495
14.5-19.5 OZ.



ASSORTED VARIETIES
Lucia's
Pizza

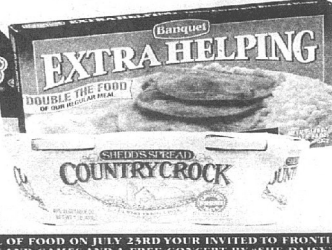
3/995
10-25.5 OZ.

ASSORTED VARIETIES
Maull's
Barbecue Sauce

2/\$5
42 OZ.

ASSORTED VARIETIES
Jack's Naturally
Rising Pizza

3/995
20-31 OZ.



ASSORTED VARIETIES
Banquet
Extra Helping
Dinners

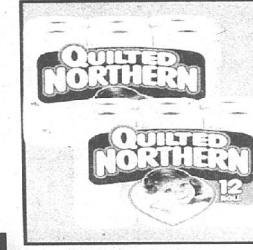
199
14.5-17.9 OZ.

Rosetto Toasted Beef
Ravioli, Stuffed Shells
or Beef Ravioli

2/\$5
20-25 OZ.

ORIGINAL
Shedd's Spread
Country Crock

99¢
17 OZ.



ORIGINAL OR ULTRA
Northern
Bath Tissue

2/499
12 ROLL

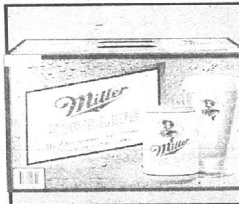
UNSWEETENED DECAF OR INSTANT
Lipton
Iced Tea Mix.....**169**
9 OZ.

BEER, LIQUOR, WINE & CORDIAL Values



REGULAR OR LIGHT
Busch Beer

547
12 PK/CAN



REGULAR OR LIGHT
Miller High Life

1047
30 PK/CAN



ASSORTED VARIETIES
T.G.I. Friday's
Cocktails

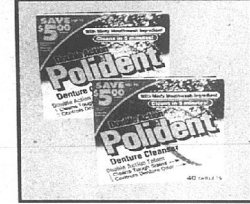
897
1.75 LTR.

HEALTH & HOME Values



Suave Shampoo
or Conditioner

2/\$1
15 OZ.
WHILE SUPPLIES LAST



Polident
Tablets

2/\$3
36-40 CT.

REGULAR, LIGHT OR ICE
Milwaukee's
Best.....**397**
12 PK/CAN

REG., LIGHT OR DRAFT
Hamm's
Beer.....**777**
24 PK/CAN

Pabst
Beer.....**397**
12 PK/CAN

Stag.....**477**
12 PK/CAN

REGULAR, LIGHT, ICE OR N.A.
Old Milwaukee
Beer.....**788**
24 PK/CAN

SELECTED VARIETIES
Peter Vella
Wine.....**649**
5 LTR.

07211-C

Corona Light or
Corona Extra.....**497**
6 PK/12

REG. OR DARK
Heineken
Beer.....**548**
6 PK/12

Zima.....**477**
6 PK/12

Ten High.....**1088**
1.75 LTR.

PLEASE BE
RESPONSIBLE.
DON'T DRINK
& DRIVE.

RED, WHITE OR CATAWHA
St. James
Wine.....**477**
750 ML.

SELECTED VARIETIES
Riunite
Wine.....**2/\$7**
750 ML.

Smirnoff
Vodka.....**1399**
1.75 LTR.

ASSORTED VARIETIES
Mr. & Mrs. T's
Mixers.....**2/\$5**
1 LTR.

COORS OR
Coors Light.....**587**
12 PK/CAN

Oral B Advantage
Toothbrush.....**188**

Homebest Peroxide
or 70% Isopropyl
Alcohol.....**2/\$1**
16 OZ.

Polident
Whitening
Mouthwash.....**2/\$3**
16 OZ.

Homebest Extra
Strength Non Aspirin.....**2/\$3**
60 CT.

SOFT
Viaciv
Calcium Chews.....**449**
60 CT.

4 CT. 40, 60, 75 OR 100 WATT OR
G.E. Softwhite
Lightbulbs.....**3/399**

ROLL ON OR SOLID
Ban Ultra Dry
Deodorant.....**2/\$5**
3.0 OZ.

Homebest
Panty Liners.....**77¢**
12 CT.

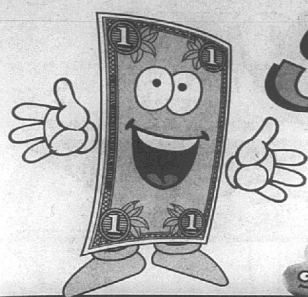
25-50. SHAMPOO, OIL OR 15-50. POWDER, CORNSTARCH
Homebest
Muppet Baby
Hair Products.....**177**
15-20 CT.

75-CT. BLACK CORNER, 50-CT. CRANBERRY, OR 30-CT. LEMON
Rexall
Water Tablets.....**2/\$5**

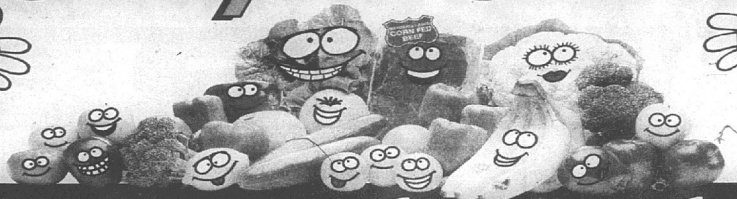
Premium Processing Special
Double 4" prints with
FREE Index Print
ONLY **699**

PHOTO BOUTIQUE - Personalize it with a
photo - Gifts under \$10.00

TOTAL VALUE



Shop 'n Save



Name Brands and Private Labels at Low, Low Prices!



Shop 'n Save
Vegetable Oil

99¢
48 OZ.



SELECTED VARIETIES
Shop 'n Save
Cereals

2/\$2.99
13.5-20 OZ.



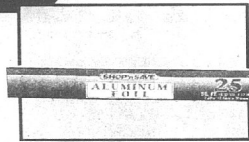
Shop 'n Save
Apple Juice

99¢
64 OZ.



Shop 'n Save
Squeeze Ketchup

2/99¢
28 OZ.



Shop 'n Save
Aluminum Foil

3/99¢
25 FT.



Shop 'n Save
Bath Tissue

3/4.99
12 ROLL



ASSORTED VARIETIES
Shop 'n Save
Chunk Light Tuna

2/99¢
6 OZ.



STEMS OR PIECES
Shop 'n Save
Mushrooms

2/99¢
4 OZ.



Shop 'n Save
Coffee

4.89
39 OZ.



ASSORTED FLAVORS
Shop 'n Save
Ice Cream

3/\$4
1/2 GALLON



Shop 'n Save
Round Waffles

99¢
11 OZ.



Shop 'n Save
Broccoli Spears

99¢
24 OZ.



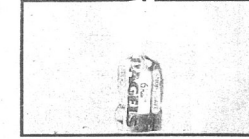
ASSORTED VARIETIES
Shop 'n Save
Hash Brown Patties

99¢
10 CT.



Shop 'n Save
Whipped Topping

99¢
12 OZ.



ASSORTED VARIETIES
Shop 'n Save
Bagels

79¢
12 OZ.

ORIGINAL OR/ CALCIUM
Tropicana Seasons
Best Orange Juice

2/5.95
66 OZ.

ORIGINAL OR ANTIBACTERIAL
Lever 2000
Bath Soap

4.99
8 BAR

SELECTED VARIETIES
Popicle
Fudgicicles

2/\$4
10 1/2 CT.

ASSORTED VARIETIES
Hunts
Barbecue Sauce

79¢
16 OZ.

ASSORTED VARIETIES
Orville Redenbacher
Microwave Popcorn

2/\$3
11.25 PKT.

ASSORTED VARIETIES
Hunt's Snack Pack
Juicy Jels

99¢
8 PCK.

ORIGINAL OR W/BLEACH
Arm & Hammer
Liquid Laundry Detergent

2.99
100 OZ.

Van Camp's
Pork 'n Beans

5/\$2
16 OZ.

ASSORTED VARIETIES
Wisk Ultra Liquid
Laundry Detergent

4.97
100 OZ.

ASSORTED VARIETIES
Hot Pockets,
Toaster Breaks or
Mini Pizzas

3/4.95
9.12 CT.

ASSORTED VARIETIES
Red Baron
Pizza

2/5.99
29.34 CT.

Welch's
Grape Jelly
or Grape Jam

97¢
38 OZ.

OVEN READY
Marla
Toasted Ravioli

2/\$4
13 CT.

SELECTED VARIETIES
Kellogg's
Cereals

2/3.99
13.24 CT.

North Star
Tropic Coolers or
Banana Cremes

2/2.95
12 CT.

Certified
White Bread

33¢
16 OZ.

ASSORTED VARIETIES
Pagoda Cafe
Egg Rolls

2/\$4
8.88 PKT.

ASSORTED VARIETIES
Sunshine
Cheez Its

2/3.98
8.5-13 OZ.

ASSORTED VARIETIES
Sunshine
Hi Ho Crackers

2/3.98
13.5-16 OZ.

ASSORTED VARIETIES
Vienna
Fingers

2/4.95
30 OZ.

ASSORTED VARIETIES
Guy's
Tortilla Chips

2/2.95
18 OZ.

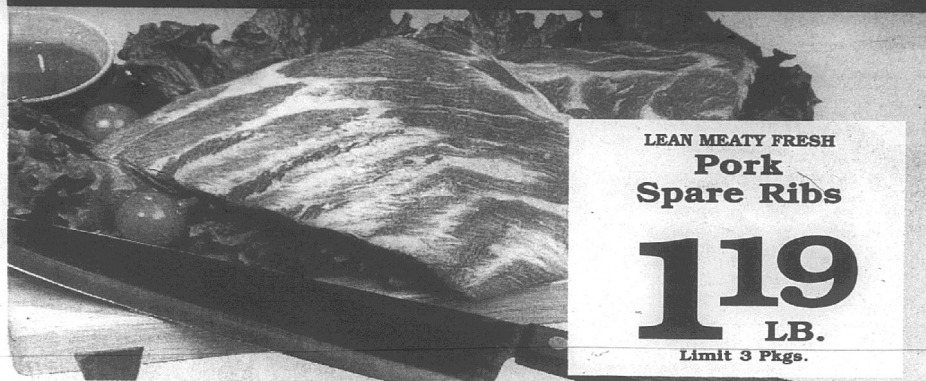
ASSORTED VARIETIES
Guy's
Corn Chips

2/2.95
18 OZ.



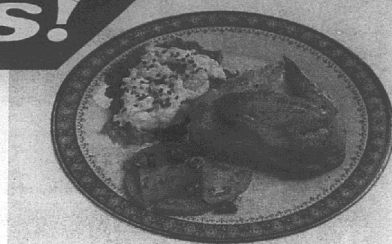
07212-A

Great Taste at Great Savings!



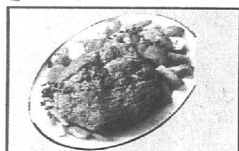
LEAN MEATY FRESH
**Pork
Spare Ribs**

119
LB.
Limit 3 Pkgs.



ALL NATURAL FRESH
**Hudson Chicken
Quarters Breast**

99¢
LB.
Limit 3 Pkgs.



U.S.D.A. CHOICE CORN FED BEEF
**Boneless Beef
Shoulder Roast**

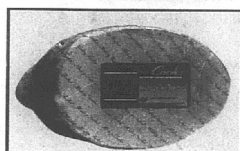
137
LB.

FAMILY PACK
Fresh Lean
Ground Round... **169**
LB.

Louis Rich
Turkey... **99¢**
1 LB.

Hunter
Cooked Salami or
Sliced Bologna... **129**
1 LB.

Hunter
Smoked
Sausage... **149**
14 OZ.



BONE IN
Cooks
Shank Portion Ham

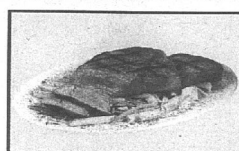
79¢
LB.

ORIGINAL OR ITALIAN
Farmland
Bratwurst... **199**
1 LB.

Hunter
Sliced Bacon... **179**
1 LB.

ASSORTED VARIETIES
Chef's Choice
Entree... **499**
1.5 LB.

Louis Rich
Turkey
Bologna... **99¢**
1 LB.



U.S.D.A. CHOICE CORN FED BEEF
FAMILY PACK
**Boneless
Charcoal Steaks**

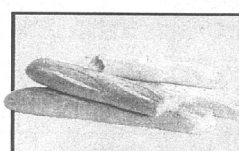
159
LB.

Shop'n Save
Pork Sausage... **2/\$3**
1 LB.

Jennie-O
Ground Turkey... **89¢**
1 LB.

CENTER CUT
Cooks
Ham Steaks... **259**
1 LB.

BROOKFIELD PLAT CUT
Brisket
Corned Beef... **189**
1 LB.



BAKERY SHOPPE
**Twin French
Bread**

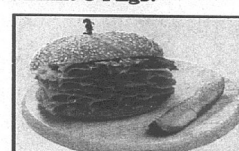
79¢
16 oz.
pkg.

FRESH
Golden
Rainbow Trout... **299**
1 LB.

FLASH FROZEN
Grouper
Fillets... **399**
1 LB.

Farm Raised
Catfish Nuggets... **179**
1 LB.

BLUEBERRY, CHERRY, APPLE
Strudel
Bites... **149**
14 OZ. PKG.



DELI SHOPPE
Swift Hard Salami

299
LB.

Klement's Garlic
Pepper Roast... **399**
1 LB.

Kretschmar
Brown Sugar Ham... **499**
1 LB.

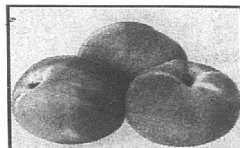
REGULAR OR SMOKED
Jennie-O
Turkey Breast... **299**
1 LB.

Hamburger or
Hot Dog Buns... **99¢**
1 PKG.



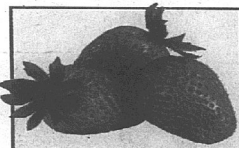
**Dole Classic
Salad Blend**

98¢
1 LB.
PKG.



**California
Peaches**

98¢
LB.



RED RIFE
**California
Strawberries**

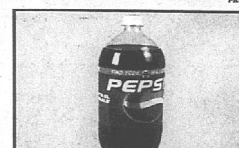
98¢
LB.



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Diet Coke or Sprite**

2/537

Coke 6/5 ltr. btl. \$199



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Pepsi or Diet Pepsi

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EA.
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\$10 PURCHASE

Pepsi 24 Pack Cube \$589

Stemilt
Apricots... **98¢**
1 LB.

SWEET-RIPE
Cantaloupes... **98¢**
EA.

RED-RIPE
Hot House
Tomatoes... **98¢**
1 LB.

FRESH
Quail Mountain
Herbs... **198**
1 LB.

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NOT AVAILABLE AT ALL STORES

CHINESE
Eggplant... **298**
1 LB.

FRESH
Dakota... **98¢**
1 LB.

FRESH
Ginger... **198**
1 LB.

SWEET-RIPE
Papayas... **78¢**
1 LB.

Opo
Long Squash... **88¢**
1 LB.

RED OR GOLDEN
Washington State
Delicious Apples... **78¢**
1 LB.

U.S. NO. 1
Russet Baker
Potatoes... **48¢**
1 LB.

Florida Sweet
Yellow Corn... **198**
5 PKG.

Gary's
Roasted or
Salted Peanuts... **198**
20 OZ. PKG.

HAMBURGER OR HOT DOG
Shop'n Save
Buns... **99¢**
1 PKG.

ASSORTED VARIETIES
Musselman's
Apple Juice... **2/\$3**

ASSORTED FLAVORS
LOOSE CANS
MIX OR MATCH
Vess Soda... **7/\$1**
13 OZ. CANS

Prairie Farms
Chocolate Milk... **\$188**
1 GALLON

WHEAT
Shop'n Save
Sandwich Bread... **99¢**
24 OZ.

ASSORTED FLAVORS
Vess
Mixers... **57¢**
1 LTR.
97.5 FL. OZ.

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Kleenex Viva
Paper Towels... **550**
1 ROLL

Bi-Rite
Plastic Cups... **99¢**
20 CT.

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RANGE ROVER

Significant upgrades made for 1999

By Tom Strongman

If there's any nameplate whose image of sturdiness rivals that of Jeep, it's Land Rover. Land Rovers frequently are pictured as having the go-anywhere ability of a mountain goat and the durability of a draft horse.

But there's another side, as well. Luxury. The \$66,000 Range Rover 4.6 HSE is one of the most expensive sport-utility vehicles (SUVs) on the market. On one hand, it coddles its passengers with wood trim, leather seats and premium stereo. But it also has an aluminum body, air suspension and four-wheel traction control, all designed to enable it to scamper over terrain so rugged it is hard to cover on foot. Compromises are few.

This is the 50th anniversary for Land Rover, a British company now owned by BMW. The first Land Rover was conceived by Maurice Wilks as a vehicle to be used on the farms of postwar England. This rudimentary 4x4 was fashioned with a rigid steel frame and body panels of flat aluminum.

Over the years, Land Rovers con-

tinued to evolve and in 1970 the Range Rover was created to combine the comfort of a car with the off-road capability of a Land Rover.

In 1987, Land Rover brought the Range Rover to these shores and pioneered the concept of a luxury SUV. It is important not to confuse the Range Rover with its smaller sibling, the Land Rover Discovery. The Discovery is a tall vehicle that looks as if it would be more at home on safari than at the mall.

The current Range Rover bowed in 1995, but it was updated significantly for 1999 with more power, traction control, side air bags and an upgraded stereo. While the design is not as purposeful as the Discovery, it does have tons of ground clearance, short front and rear overhangs and chunky mud and snow tires. There are two models, both powered by aluminum V-8s: the 188-horsepower 4.0 SE, at \$58,625, and the 222-horsepower 4.6 HSE at \$66,625.

I drove a 4.6 HSE for this review. The 4.6-liter engine gets more power thanks to a revised intake system and numerous other tweaks. The automatic transmission has a

sport mode for quicker acceleration, but even so, this vehicle gains speed rather deliberately because it weighs nearly 5,000 pounds.

The four-wheel-drive transfer case has an extra-low range for off-road, and it is engaged by moving the shift lever into a separate gate on the right side of the console. During the week I had the Range Rover I did not get a chance to test its off-road prowess, so I drove it around the city like most owners will.

The standard traction control and anti-lock brakes work on all four wheels when the vehicle is in high or low gear, on- or off-road. In this environment it felt like most SUVs. The ride was not at all truck-like, and visibility was excellent because of its tall profile.

Turn the key and a loud beeping lets you know the electronic air suspension is adjusting vehicle height before you move off. This system has 5.2 inches of adjustment and five different settings. Access lets the vehicle snuggle down close to the ground for loading gear or easing entry. For highway cruising, the vehicle lowers itself for less wind

resistance and better maneuverability, but it happens imperceptibly. There are two settings for extra ground clearance in off-road situations.

For those who want to learn how to handle their vehicles properly in off-road driving, Land Rover has a year-round driving school at the Equinox resort in Manchester Village, Vt. For information about the school visit www.Best4X4.LandRover.com.

The Range Rover's interior is outfitted much like a luxury sedan, with leather upholstery and wood trim. Some controls, such as the headlight switch, are located in unusual places. Door locks and power window switches are mounted on the center console in front of the storage bin, whose lid pivots to become a cup holder.

A dual-zone, automatic climate control system is standard, as is an Alpine stereo with 12 speakers and a six-disc CD changer.

The base price of the 4.6 HSE was \$66,000, and all equipment is standard. Add in freight and the sticker price is \$66,625.

The warranty is for four years or 50,000 miles.

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MANUFACTURING
Chester based manufacturer of packaging equipment for nutrition foods is accepting applications for experienced sales representatives for full time positions in all areas. Salary commensurate with experience and training. Hours: 8:00 am - 5:00 pm Monday through Friday. 12:30-3pm Sat. Pay scales from \$6.50-\$8.00 per hour with 2 pay increases within first year. An incentive program can add up to one dollar per hour when incentives are reached. Offer generous benefits package including medical insurance, 401K and company paid holidays and vacation. Apply or send resume to:
Relay International Inc.
Attn: Personnel Dept.
Chesterfield Industrial Bldg
Dept. 440, Chesterfield,
63005.
Please no phone calls.

Mechanics/Diesel
Experienced. We offer excellent benefit. Please apply:
Midwest Technic
12975 St. Charles Road
Bridgeton, MO 63044
Equal opportunity employer m/f/h/v

MECHANICS
CLASS A or B
International food service companies need 2nd class mechanics for international airport has immediate opening for Class A individuals must have knowledge of electrical wiring systems along with Cummins, Detroit and Ford engines preferred. Must be able to work on CDL license, Ford experience. Top pay, not a flat rate system. Send resume, ask for consideration, tax resume to:
731-5147 or call Mondak
Barrington, Ill for interview. Confidential. Must be able to obtain Missouri State inspection license.

MECHANIC
TRUCK & DIESEL MECHANIC
Experience needed. CDW license required. Excellent benefits/flexible health retirement, and 401k. Apply in person: Able Industries, 10 North Main, Pagedale, MO. EOE

MECHANIC
Workexperience in the tire and equipment field. Knowledge of hydraulics and general repairs. Call:
Bruker Truck Sales,
Amok, MO
636-464-9515

MEDICAL BILLING
Excel Excellent Income
Full training provided
Computer require
Call toll free!
800-540-5335, ext. 1

NURSE
Part-time position as experienced LPN or RN in an hospital setting. substance abuse treatment program. extensive patient education, assessment, treatment planning and coordination of medical services recovering young adults evening/weekend hrs. Must have treatment experience with chemical dependency as well as patients, good communication and organizational skills. EOE. Send cover letter and resumes to:
Director
Chestnut Health Systems
2148 Vandalia Blvd
Marysville, IL 62053

OFFICE ASST
Responsibilities include receptionist duties, accounts payable, accounts receivable, computer skills. Excellent Word, Quickpay Plus. Resumes being accepted at J.T. Sources, Inc., Foxmark, Fenton, MO. Must include education background and references.
OTR DRIVERS
Home most weekdays. Home evenings, start at night. 1996 to 2000 salary range \$12,000-\$20,000.
PART TIME Counter help. Work on 21 or extra hours per week most months. Call 938-5PM for details. Email 931-0505.

Growing market for the Warehouse Maintenance Operators son or daughter?
Highly competitive! High wages!
WANTED!
CALL OR WRITE FOR INFORMATION
SPECIAL ADVERTISING SECTION
Circle 10 on Reader Service Card

Maintenance
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HELP WANTED

Restaurant

You Like Our Food,
Now You'll
LOVE YOUR JOB!
NOW HIRING:
3rd Shift
ALL POSITIONS
Full & Part Time

Steak 'n Shake has full and part time openings for enthusiastic, dependable individuals who want to join our winning team.

We offer competitive wages, flexible hours, advancement opportunities, and benefits! Please apply in person between 11AM or after 2PM at:

STEAK N SHAKE

608 North Bluff Collinsville

Steak n Shake is an equal opportunity employer, committed to a drug free workplace.

SALES

We are currently seeking applications for Salesmen/Saleswomen. Excellent salary, bonuses, 401K and other benefits offered in person. Best's Restaurants and Sales Franchise Co., Inc.
Greenville City, IL
No Experience Necessary

Drivers Monitors

Must be 21 years of age or older.
Drivers license for last 3 years.
Will train.
Ladisl Transit
1202 Lebanon Rd.
Call 346-8605

SECRETARY FOR SMALL BUSINESS OPPORTUNITY

PARTY WILL TRAIN FR. SMALL BUS. OPP. TO BE OWNED BY INDIV. OR PHASE CAL CRISTAL 931 OFFICE

SECRETARY/CREATOR

Experience. Full time for Clayton law firm. Qualified candidate must have extensive knowledge - type 65 wpm, working knowledge of WordPerfect 5.1, professional demeanor, ability to handle multiple tasks. Salary commensurate with experience. Full benefits. Call Suzan for interview. 314-727-9111



are coming to

Bob Evans Restaurants are now hiring people to work in all areas open in your town and career for you!

MANAGER IN THE PROGRAM

With a starting salary of \$10,000 per year, if you have no food service experience, you will still be able to enter the food service industry. Your management training program advancement begins with promotion to Assistant Manager, then promotion to Assistant General Manager, then to General Manager (and beyond).

You may qualify if you are a graduate with excellent leadership and decision-making skills about your future. Joining Leadership Leading Adults Programs... P.O. Box 138 Evans Restaurant, Attn: Bob Lundgren, #8339

Bob Evans RESTAURANTS

School Bus Drivers

Immediate Opening, No Training Will Train In Person

ATLANTIC EXPRESS

► Pay From \$8.40 to \$10.85/hr (plus bonuses)	► Health Insurance
► Pay Credit for previous work with Previous Company	► Accident Insurance
► Will Train New Drivers to include CDL License Training	► Retirement Plan
► Life Insurance as no cost to employees	► Tuition Assistance
► Military Experience honored for recently separated veterans	► Paid Vacation
► Paid Training	

Call Now for Application Package
200 Sidney
314 727-9111

Also bring a limited number of

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ROOFING WORK

GRE MUST HAVE EQUIPMENT
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COPY

The (Alton, IL) Tel...
for a full-time copyist.
Nights. Experience re-
quired in page layout
Knowledge of computer
content and such pr
Photoshop, Premier
with 30,000 Circulation
down town St. Louis
Illinois counties St.
Broadway, Alton, n

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Immediate openin
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are efficient
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Top Pay up to \$
& flexible work
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97 Chevrolet Astro Conversion
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Alexis Blassius Sing, Inc.
Daily Bluffs, Ill.

I own
Just **\$4,499**

88 Chevrolet Astro Conversion
3-4

Captain's Choice
4.3 V6
Only **\$2,499**

Weirich
107 S. 2nd
2800

P R G

DRIVERS

Waste Management of
St. Louis (Arnold and W.
Forstell) locations
looking for residential
rivers. Class C or B licen
with air brake endorsement
required. Starting
\$18,000 per year. After first
year pay \$11,70 per year.
Generous benefit pack
includes medical, den
vision, 401K & more.
Sign on bonus after 90
probation period. No
shop.

Waste Management
of St. Louis
Toll Free Job Hotline
1-888-872-4697
24 hours/day
only if driverwaste
EOE

TO PLACE YOUR AD IN THE DIRECTORY CALL 1-800-333-1551

All-Star Transportation, Inc.
is an over-the-road truck company based at
Pacific, Mo. We operate trucks to ship Valley All-Star locations on his drivers from drivers nationwide area to ensure that they receive cash times at home. We have positions available for West Coast and Southland Drivers runs to the Ohio Valley, if you are interested please call McCoy Interstates at 800-872-5980 ex. 21.

ALFORD, INC.

**ING CREWS
ALL YEAR**

**AT PAY
IVE TRUCK &
PMENT
SELL CALL
-4406**

EDITOR
Magraph has an opening for an editor. Weekends and preferred. Must be proficient and skilled in editing. Duties include: editing programs as Quark and editing. Daily newspaper work. 20 miles north of Chicago, covering five Southern and Illinois. The Managing Editor, Telegraph, 111 E. 18th, 62002.

ATIVE ASSISTANT
Training for experienced secretaries. If you are an MS Word or please call us NOW! \$10/hr., great benefits. Work schedule: 8:00 a.m. to 6:24 a.m. or 8:00 a.m. to 5:00 p.m. 800-523-2353.

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DOCUMENT PEOPLE E.O.E.

**OL PHOTOGRAPHERS
ASSISTANTS**
I will train, Seasonal employment w/ the Counties School Photographic Agency. If you love children, work with kids, have full use of dependable car can lift camera equipment, please call 288-7896. Monday-Friday, 8a.m. - 3:30p.m.

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HEELS
YOUR
HEELS**

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Small
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**94Oldsmobile
Cavalier
V6. Loaded
Excellent Cond.
Only \$5,495**

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**92 Chevrolet
Cavalier
Sedan, White
Auto, Loaded
Only \$4,495**

**Chev-Olds
Main, Red Bud
22-2353**

**OG
OPPORTUNITY**

LOCAL DRIVERS
Seeking experienced household goods moving a straight truck or tractor trailer local drivers for company vehicles. Prefer moving company line experience. Good pay along with benefit package. Apply in person at FRY WACHENUT, 3700 Ridler Trail South, Earth City MO 63045 during normal business hours.

★ ★ ★ ★ ★

DRIVE
Manufacturer out of St. Louis on the road tractor/trailer 29.5¢ per mile including start, insurance, paid vacation, 401K, medical, dental, D.O.T. record, meet D.O.T. qualifications.

\$300 SIGNING BONUS

Apply in person

MRS. ALISON
1780 Burns
St. Louis, MO

OLD EL
OVER THE ROAD TRUCK

Peabody's over the road fleet has excellent pay and benefits for experienced over the road truck drivers. Compensation of \$8.00 per hour, 401K, medical, dental, D.O.T. record, meet D.O.T. qualifications.

Compensative Pay
• Drivers Home Area
• All Areas Paid
• Health Dental Ben
• Life Insurance
• Sick Pay/Overtime
• 401K Plan
• Paid Vacation Paid
• Fuel/Expense
• Overtime Pay
• Unloading & Stop
• Driver's Home Area
• Clean driving record required. CD, DOT and clean driving record required. For consideration call John Williams at 1-800-451-6561 or 409pm CST.

PLSBB
Equal Opportunity Employer

2X COLLISION REPAIR, MAPS

Sales Autobody Repair Technician
 15,000 sq. ft. facility • 17.50 per hr.
 • 40 hrs. guaranteed • Min. 1 yr. exp.
 Also wanted painter and paint prep.
344-9922

Help Wanted

HOUSEKEEPER

on the #1 Clean Services in the World
 on our Orchards Shopping Center
 19, Collinsville

Sharon's Maid Service

FULL TIME OPPORTUNITY

ADVERTISING SALES MANAGER

Experienced & Ambitious Lead Recruiter in recruit, train and manage sales staff.

Requirements:

- Willingness to succeed company objectives
- Excellent Communication/Oratory Skills
- Willingness to assist Sales Representative in exceeding their goals
- Detail Oriented and able to take on many responsibilities at one time

ACCOUNTING

Required:

- Some experience
- Computer aptitude
- To excel in the field
- Effective time management
- Excellent communication

if you are experienced send resume to:

113 Collinsville, MO

BENEFITS

- Medical/Dental • Salary Plan/Profit Sharing
- Paid Vacation/Holidays

Suburban Journals

STEVEN GOODMAN, PUBLISHER
 THROUGHOUT MISSOURI

Graphic Art

The Telegraph has an opening for a Supervisor in Photo Composing Dept. Applicants must have experience as a Graphic Artist, be of good character, and be able to produce quality advertisements in material by deadline.

SALES MANAGER

Must be fully proficient in Quark Xpress and PhotoShop. Excellent opportunity for a motivated, self-motivated, self-starter. Salary 40K+. Interested individuals should contact letter with resume to: **111 E. Broadway, Alton, IL 62002**

Graphic Art

The Telegraph has an opening for a Supervisor in Photo Composing Dept. Applicants must have experience as a Graphic Artist, be of good character, and be able to produce quality advertisements in material by deadline.

SALES MANAGER

Must be fully proficient in Quark Xpress and PhotoShop. Excellent opportunity for a motivated, self-motivated, self-starter. Salary 40K+. Interested individuals should contact letter with resume to: **111 E. Broadway, Alton, IL 62002**

Graphic Art

The Telegraph has an opening for a Supervisor in Photo Composing Dept. Applicants must have experience as a Graphic Artist, be of good character, and be able to produce quality advertisements in material by deadline.

RESPONSIBILITIES

- Sales calls to major retail agencies
- Proposal Writing
- Formal Presentations

QUALIFICATIONS

- Newspaper Sales or Marketing

WE OFFER

- Benefits, including 401K
- Excellent Compensation
- Paid Travel Expenses

Please Mail Resume

Major Accounts Manager
 1714 Dear Trachs Trail • St. Louis, MO 63114
 Or Fax Resume To: 314-241-1111

Suburban Journals

STEVEN GOODMAN, PUBLISHER
 THROUGHOUT MISSOURI

DRIVERS

For Baldwin, St. Louis area. Must be 21 years old. Minimum 1.05/0.80 hr. plus overtime and benefits. Chauffeurs license required. Delivery schedule flexible. 40 hour work week. 10 hour days.

DRIVERS

Current commercial license. Must be 21 years old. Minimum 1.05/0.80 hr. plus overtime and benefits. Chauffeurs license required. Delivery schedule flexible. 40 hour work week. 10 hour days.

JX EXPRESS

4530 E. Central
 St. Louis, MO 63116
 ext 294
 (Toll Free) 800-234-6818
 Fax 314-632-8618

JX EXPRESS

4530 E. Central
 St. Louis, MO 63116
 ext 294
 (Toll Free) 800-234-6818
 Fax 314-632-8618

MISSOURI

St. Louis is looking for qualified drivers, offering safety bonus to qualified drivers. We have openings in Class A CDL Mustons. **\$6 BONUS.** Mustons person.

MISSOURI

St. Louis is looking for qualified drivers, offering safety bonus to qualified drivers. We have openings in Class A CDL Mustons. **\$6 BONUS.** Mustons person.

COOKIES

St. Louis is looking for qualified drivers, offering safety bonus to qualified drivers. We have openings in Class A CDL Mustons. **\$6 BONUS.** Mustons person.

COOKIES

St. Louis is looking for qualified drivers, offering safety bonus to qualified drivers. We have openings in Class A CDL Mustons. **\$6 BONUS.** Mustons person.

Pas

St. Louis is looking for qualified drivers, offering safety bonus to qualified drivers. We have openings in Class A CDL Mustons. **\$6 BONUS.** Mustons person.

Pas

St. Louis is looking for qualified drivers, offering safety bonus to qualified drivers. We have openings in Class A CDL Mustons. **\$6 BONUS.** Mustons person.

TRUCK DRIVER

St. Louis is looking for qualified drivers, offering safety bonus to qualified drivers. We have openings in Class A CDL Mustons. **\$6 BONUS.** Mustons person.

TRUCK DRIVER

St. Louis is looking for qualified drivers, offering safety bonus to qualified drivers. We have openings in Class A CDL Mustons. **\$6 BONUS.** Mustons person.

Benefits Package

St. Louis is looking for qualified drivers, offering safety bonus to qualified drivers. We have openings in Class A CDL Mustons. **\$6 BONUS.** Mustons person.

Benefits Package

St. Louis is looking for qualified drivers, offering safety bonus to qualified drivers. We have openings in Class A CDL Mustons. **\$6 BONUS.** Mustons person.

Coverage

St. Louis is looking for qualified drivers, offering safety bonus to qualified drivers. We have openings in Class A CDL Mustons. **\$6 BONUS.** Mustons person.

Coverage

St. Louis is looking for qualified drivers, offering safety bonus to qualified drivers. We have openings in Class A CDL Mustons. **\$6 BONUS.** Mustons person.

Union Plan

St. Louis is looking for qualified drivers, offering safety bonus to qualified drivers. We have openings in Class A CDL Mustons. **\$6 BONUS.** Mustons person.

Union Plan

St. Louis is looking for qualified drivers, offering safety bonus to qualified drivers. We have openings in Class A CDL Mustons. **\$6 BONUS.** Mustons person.

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St. Louis is looking for qualified drivers, offering safety bonus to qualified drivers. We have openings in Class A CDL Mustons. **\$6 BONUS.** Mustons person.

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ATTN CSE
Four Clay Street
Riverville, IL 62234
(618) 244-3011 x1
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11 Hall Street
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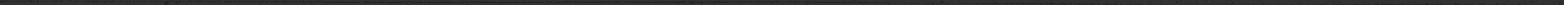
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Truck Drivers
FENO
Company-Owned
Equipment
Pay \$14.45/Hour
Mileage \$10.40/Hour
Paid Weekly
any Paid Benefits
Age Including Health
Life Insurance
(Free)
Retirement Plan
Security Bonus Daily
Company Owned Portable
Security Stable Co.

JURIES
Make A's with X and T
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Apply in person MF
Street & Yarns Rd
St. Louis, Mo 63124
T 418-782

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ON-WAY
Ntral Express
com. web site
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EMPLOYMENT OPPORTUNITIES

Certified Activity Director

Oak Forest Skilled Care
Excellent pay, insurance, 401K, 66
off Manchester or Route 44 in Bal-
win/Ellisville. 314-394-2522.
Contact Lily Ko, Administrator
An American Healthcare Management Facility - EOE

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www.journalonline.com

CNA's/NAs
All shifts
8 hr & 12 hr shifts
RESTORATIVE AIDE
Exp. preferred, 8 hr shifts
• CNA Classes Avail.
• NEW WAGE SCALE!
• NEW differential pay
Evenings, nights & weekends
• Attendance bonus
Apply in person. EOE
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4054 Kennedy Rd.
St. Louis, MO 63126
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Advanced Nursing
Immediate Openings!
Private Duty Only
No Relief Staffing
CNA and LPNs
All Shifts Available
Work Always Available
Competitive Salary
Application by
Applicant Only
8-11am & 10pm
Please Call
314-863-3030

ATTENTION CNA's
Evening & Night Shifts
1 Full Money!
1 Van Free Trip!
1 Free Certification!
1 Attendance Bonus!
Be part of our caring team at
GARDEN VIEW

of Chesterfield
1023 Chesterfield
Patterson Parkway
Chesterfield, MO 63017
636-537-3333

\$500 SIGN ON BONUS
Seeking FT CNA's, LPN's
& RN's who want to make a
difference!
We offer evening & night shifts
• Competitive salary
• Health & dental insurance
• Paid vacations & sick days
• Great location
Team players can apply at
Barnard Care Center
4335 West Pine Blvd.
St. Louis, MO 63118
314-371-6200, H.R. Dept.

CNA's & NAs
2nd & 3rd shifts for 120-bed
long term care facility in
north St. Louis county.
• Good starting pay
• Fringe benefits
• Shift differential
Contact Candy Schwartz,
314-539-2150 or apply in
person.
Flourissant Nursing Center
615 Ranche Lane
Florissant, MO 63031
Equal opportunity employer

CNA
Mon-Fri.
Weekends only with full
time benefits.

DIETARY AIDE
Full time, to assist in
business office, knowledge in
computer, 3rd party insur-
ance, Medicare & Medi-
aid.

RECEPTIONIST
10am-6pm, weekdays
10am-6pm, every other
weekend.
We offer excellent benefit
packages including BCBS
insurance, dental, vision,
401K, \$1000 sign on
bonus PLUS 50¢/hr addi-
tional for attendance
bonus. Call us, we have
a spot for you!
HIS AT BIG BEND WOODS
110 Highland Ave
Valley Park, MO 63088
314-225-5141
Equal opportunity employer

RN/ILPNs/CNAs
Our 180 bed skilled nursing
facility is located in South
St. Louis city in the Bono
neighborhood with access
to the city buslines, I-44, I-55
and I-40. The following
positions are available:
• RN/ILPNs: full and part
time evenings; full time and
part time nights on general
long term care units.
• RN Subacute, 7d to 7a.
• CNAs: full time evenings &
nights; all CNA's work 12
hr shifts; all others work 8
hr shifts.
• New, higher starting salary
• Pay for performance bonus
every 6 months
• Evening and weekend shift
differential
• Holiday pay
• Health & dental insurance
• Pension plan
Applications accepted Mon-
day-Friday, 9am to 4pm.
Apply in person or send
resume to:
ALEXANDER BROTHERS
LANSWANE VILLAGE
4824 Lansdowne
St. Louis, MO 63116
314-551-8888
314-551-5825 FAX
EOE

ST. LUKE'S HOSPITAL
HAS AVAILABLE:
Exciting positions for self-
directed, motivated individual
with Good Communication Skills.
HEAD NURSE
Specialty Care Nursery, Well Baby
Nursery, and Pediatrics
Full Time Position
BSN Required
Master's Preferred
Previous Nursery, Pediatric and Management
experience required
PATIENT CARE COORDINATOR
Med/IGU, Surg/DB and Telemetry
Full & Part Time Positions
Previous Management
experience preferred
St. Luke's offers competitive salaries and benefits. For
more information please call:
JAYNE KERNS
Nurse Recruiter
• 314-205-6807, ext 4011
or fax resume to 314-205-6871
or e-mail Kernjg@stlsmhs.com
or e-mail Kernjg@stlsmhs.com
Walke/Walke
232 South Woods Mill Road
Chesterfield, MO 63017
Member of Unity Health System

Medical Transcriptionist
PRN, Transcriptionist,
Inc., is always
looking for qualified
Medical Transcription-
ists.
Please fax resume to:
314-965-2182

CNA or NA
Classes forming now!
Full and part time -
3:11 or 11-7
Apply in person:
WEST COUNTY CARE
312 Solley Drive
Bullwin, MO 63011
314-391-0666
Equal opportunity employer

CNA's Full time
Days & Evenings
Kind, patient, and com-
passionate. We are looking
for you! Friendly staff.
Beautiful & pleasant work
environment. Apply in per-
son.
314-863-3030

CNA's/NAs/CMT's
FTEP, days & evenings
LPN's/RN's
FTEP, all shifts
• Increased starting salary
• Full benefits after
90 day probation
Apply in person
Interview same day
Leland Health Care Center
354 Leland
University City, MO 63130
314-726-4767
Equal opportunity employer

The New Clayton House
Under New Nursing
Management
CNA's
Full or part time
Evenings & Nights
Competitive salary plus hir-
ing bonus (can earn pay cut
in 30 days up to \$500). Ben-
efit package includes: holiday pay
plus 310 time health & life ins.
& 401K. Apply in person to:
The New Clayton House
13995 Clayton Rd.
Town & Country, MO 63017
EOE M/F/D/V

CNA's/HHA's/RN's/LPN's -
HOME HEALTH!
Private Duty Home and Health Service looking for additional to its
highly skilled and motivated staff dedicated to personal, compassion-
ate care for our patients and clients. Call for an interview or consult:
Martha's Hands LLC, 135 W. Adams, Ste. 305
St. Louis, MO 63103
EOE

RN/ILPN
\$1,500 Hiring Bonus
Full & Part Time
Positions Available
Looking for a challenging and rewarding
position? Great working environment
and growth opportunities. We are seeking professional
nurses to join our team. We offer competitive wages,
excellent care to our residents. Excellent
competitive salary and benefits package.

RN and LPN Positions Available
Full time RN 7-3 shift
Part time RN 7-3 shift
LPN - all shifts - full and part time
Yonell Erickson or Ann Landrum
SPARKLE LANE NURSING CENTER
13700 Old Halls Ferry Rd
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(314) 355-0880
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Must be hired by July 00
RN/ILPNs/CNAs
Our 180 bed skilled nursing
facility is located in South
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neighborhood with access
to the city buslines, I-44, I-55
and I-40. The following
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• RN/ILPNs: full and part
time evenings; full time and
part time nights on general
long term care units.
• RN Subacute, 7d to 7a.
• CNAs: full time evenings &
nights; all CNA's work 12
hr shifts; all others work 8
hr shifts.
• New, higher starting salary
• Pay for performance bonus
every 6 months
• Evening and weekend shift
differential
• Holiday pay
• Health & dental insurance
• Pension plan
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EOE

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CNA's Full time
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CNA's/NAs/CMT's
FTEP, days & evenings
LPN's/RN's
FTEP, all shifts
• Increased starting salary
• Full benefits after
90 day probation
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Interview same day
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The New Clayton House
Under New Nursing
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highly skilled and motivated staff dedicated to personal, compassion-
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All shifts
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RESTORATIVE AIDE
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All Shifts Available
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Competitive Salary
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8-11am & 10pm
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1 Full Money!
1 Van Free Trip!
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Seeking FT CNA's, LPN's
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We offer evening & night shifts
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Full time, to assist in
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Specialty Care Nursery, Well Baby
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Full Time Position
BSN Required
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Previous Nursery, Pediatric and Management
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Full time, days
Seeking dedicated employee
to join us in providing
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Benefit - tuition reimburse-
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Even 3pm-11pm
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will certify as a
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Come see what we have to
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St. Louis's newest provider of long-term acute
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All Saints Special Care Hospital offers a unique and caring work
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7:00 PM - 7:00 AM Available
Only Work 7 Days in 14 Day Period
Work 77 Hours-Mid Over for 4 O/T Those Hours
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term care. Excellent salary,
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Licensed Personnel needed
on all shifts, days, evenings
& nights at Florissant
Nursing Center, a 120-bed
long term care facility in
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• Good starting pay
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full basement, large
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14x70. 2 bdrm
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